

March

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

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 gray 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

Marcia Kosmerchock

Can you believe that many of The Landing's homey details, from intricate table toppers to rotating seasonal decor, are created by someone whose earliest mission in life was to get away from Wausau?

Marcia Kosmerchock grew up in northeast Wausau and attended "good old Franklin School." After graduating from Wausau High School, she set her sights on college and earned biology and chemistry degrees from the University of Wisconsin – Stevens Point.



"For graduate school I thought marine biology could take me as far as possible away from Wisconsin," said Marcia. "Unfortunately not many scholarships were available in marine biology, so I took an opportunity at the University of Washington for a full scholarship and became the first woman to get a graduate degree in Civil Engineering."

Marcia's world expanded further as she landed a contract role with NASA in Texas. Then a conference in the Arctic Circle led to a teaching role at the University of Amsterdam, and she lived in the Netherlands for 25 years. During that time she accepted a job with a Dutch English language biomedical publishing company, the first of its kind to store data on a CD-ROM. Her position required frequent worldwide travel with a large Hitachi CD player and a heavy early "compact" computer in tow. She had the opportunity to travel to more than 100 countries.

"It was all just serendipity," said Marcia, when asked how her global career evolved. "When that job ended I moved to the U.K. and lived in an English village that was incorporated in 1155. I finally returned home in 1999 when my dad was having health problems."

Marcia has since put down roots in the hometown she so eagerly left behind. A former Master Gardener, she spent three years transforming her yard into a perennial garden. Her home contains several sewing machines, two spinning wheels, a long arm quilting machine, multiple weaving looms – including a 70-inch loom purchased in Sweden in 1974 – and enough yarn and material to start a store!

These aren't new hobbies. Marcia has sewed her own clothes since age 11, had an alteration business throughout college, and discovered weaving while living in Washington. Retirement has allowed more time to dedicate to her longtime passions.

"I used to travel 250 or more days of the year and now I have no desire to go anywhere. I like to keep busy and do things with my hands. The Landing provides a place for me to be social and find use for my projects and supplies."

Marcia's craftsmanship illuminates The Landing month after month. She has sewn over 150 table runners and the seasonal decorations. She graciously shares her time and talent, creating a bright and inviting space for Wausau area seniors to connect, move, and grow.

Wednesdays from
11:30 am - 12:00 pm

March 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, March 6

Pulled Pork Sandwich - \$5

Pulled Pork Sandwich served with Chips and a Pickle

Wednesday, March 13

Pad Thai - \$10

Rice noodles, chicken, eggs, bean sprouts, red & green peppers and scallions pan fried in our sweet tamarind sauce garnished with limes, cilantro and crushed peanuts on the side. Puppy chow for dessert

Wednesday, March 20

St. Patricks Day Lunch! - \$15

Corned Beef served with cooked cabbage and mashed potatoes and gravy. Enjoy a Guinness chocolate cupcake for dessert

Wednesday, March 27

Charcuterie Salad - \$10

Prosciutto, mozzarella cheese balls, Pepperchinis, red onion, olives, pecans & dried cherry berry mix over a bed of mixed greens and arugula with a Raspberry Vinaigrette. Enjoy our Engagement Staff Renee's special M&M Cookie.

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 March

Getting to know The Children's Imaginarium

Monday, March 4th at 9:00-10:30am in The Landing Tech Room

Amanda from the Children's Imaginarium in Wausau will provide an informational presentation on the Children's Imaginarium and highlight their exhibit spaces, information on their field trips and birthday parties, and share their volunteer opportunities.



Amanda is the Operations and Community Engagement Coordinator with the Children's Imaginarium. She has 10 years of volunteer coordination and recruitment experience with non-profits, healthcare, and insurance.

Registration by March 1st is required.

Facilitator: Amanda Cottrell | Members: FREE Non-Members: Day Pass Required

The Great Pinery of the North: Part 2 of Three-Part Series

Monday, March 4th at 11:00am to Noon in The Landing Tech & Art Room

"Exploration of Discovery" NOTE: THIS PART 2 PROGRAM STARTS AT 11:00AM

The second presentation, lead by Dick Beier and Bill Bertram, will explore the importance of the Wisconsin River as an avenue for the transportation of white pine, historical dams, and the Great Pinery Heritage Waterway, a state water trail.

The presentation will cover a time of 1849 with the "Exploration of Discovery" by J.D. Norwood, harvesting of the white pine along the Wisconsin River and the river as a mode of transportation. Additionally, a virtual tour of the Great Pinery Heritage Waterway will be covered.



Facilitator: Bill Bertram | Members: FREE Non-Members: Day Pass Required

Creative Cooking with Jackie - Authentic Mexican Cuisine (& Lunch)

Tuesday, March 5th at 9:00am in The YMCA Multi-Purpose Room

Jackie Romero, a skilled cook and baker will provide monthly programs featuring a variety of cooking or baking programs; from Mexican cooking to Baking Desserts to Cake Decorating for The Landing. She teaches cooking and baking on a regular basis for various organizations.



Her first class with us will feature authentic Mexican dishes to include 2 entree's and one dessert. She will be making Mushroom Soup; Tinga DePollo (Mexican Shredded Chicken) and Polvoran Chocolate Cookies. After watching and learning from Jackie, you will get to enjoy these entree's for lunch.

Cost of the program includes the class, recipes from class and lunch. You won't want to miss this! Participation is limited! Register today.

Facilitator: Jackie Romero | Members: \$27 Non-Members: \$42

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

New Programs in March

WIESCO- Teaching American English & Cultures

Tuesday, March 5th at 11:00-12:00pm in The Landing Tech Room

Join George Hirsch, a Landing member and a volunteer that taught American English and Cultures to teens at summer camps in Lithuania. George was the Director of programs for WIESCO (Wisconsin International Education Science Cultural Organization) from 2007-2019.



Since 1974, WIESCO has offered volunteers the extraordinary opportunity to meet and interact with students and their families in Armenia, Latvia, Lithuania, Poland, Russia, Brazil and Macedonia through English language and culture programs.

Summer Programs are one to three weeks in length and are typically for middle and high school students. George will walk us through his experiences as a volunteer in teaching these programs in Lithuania.

Join in to get a glimpse of what was taught and how it was received and the adventures along the way.

Facilitator: George Hirsch | Members: FREE Non-Members: Day Pass Required

Nutrition 101 with Renee

Wednesday, March 6th at 12:30-2:00pm in The Landing Tech Room

When looking to get healthier, adding workouts to your daily routine is the easy part- the nutrition component is usually the toughest obstacle. Many people are unaware of what certain types of food do to our bodies, and how crucial it is to ensure your diet is well balanced, to help you reach your goals.



In this program, Renee, the Health and Wellness Director of the YMCA, will give us the tools to nourish our bodies and create healthy, balanced meals.

Facilitator: Renee Giese | Members: \$5 Non-Members: \$20

****FREE** 1:1 Tech with JAG**

Wednesday, March 6th at 1:00-2:30pm in The Landing Dining Room

Join local students from local area high schools for ****FREE**** 1:1 Tech sessions.

JAG (Jobs for America's Graduates) Program works with The Landing on a monthly basis to provide real-life volunteering and social skills for their students. This month, they are offering **FREE** 1:1 tech sessions to Landing Members.

Registration is required.

Facilitator: Amber Pender | Members: FREE

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

New Programs in March

Mental Health Topics with Delores Kessel

Friday, March 8th at 8:30-10:00am in The Landing Tech & Art Rooms

Depression in Older Adults

Depression is a serious medical condition that affects many older people, but it is not a normal part of aging. Fortunately, depression is a treatable condition.

In this program Delores Kessel, a Licensed Clinical Social Worker with more than 25 year's experience working in outpatient mental health clinics will address how a diagnosis of depression is made, symptoms of depression, common types of depression, and ways to treat it. There are several ways to treat depression; some make use of medical interventions, including medications, and some use other methods of treatment.

Facilitator: Delores Kessel | Members: FREE Non-Members: Day Pass Required

Quarterly Blood Pressure Clinic with Rennes

Friday, March 8th at 10:00-11:00am in The Landing Tech Room

The Rennes Group will be conducting Blood Pressure Clinics at the Landing Quarterly on the **2nd Friday of March, June, September and December.**

Rennes Group staff members will be taking blood pressures of anyone interested in a blood pressure check, and their accompanying nurse will provide education on what good blood pressures are, what to watch for, and answer questions.



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

Note: Please ARRIVE BY 10:00am. Blood pressures will be taken on a first come first serve basis. When the last person in the room has completed their blood pressure check, the Rennes Group Staff will leave.

Registration is Required!

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

Introduction to Spanish

Mondays, beginning March 11th - April 29th at 10:00-11:00am in The Landing Tech Room

Spanish is one of the most spoken languages in the world, with around 440 million native speakers, and 70 or so million people speaking it as a second language. There are 20 Spanish speaking countries who use the language in an official capacity, as well as large populations of Spanish speakers in other countries.

This course will help you develop basic Spanish speaking survival skills, and explore the culture, practices and perspectives that are unique to Hispanic cultures.

Your instructor, Celin Mejias who is native to Venezuela, and teaches for Marathon County Literacy Council, along with the course materials he will provide you with, will guide you through Spanish language related to greetings, common words, and vocabulary needed to travel to Spanish speaking countries.

Whether you just want to learn basic Spanish or are planning on traveling to a Spanish speaking country, you won't want to miss this 8-week course!

Facilitator: Celin Mejias | Members: \$160 Non-Members: \$180

Honoring Choices Presentation

Tuesday, March 12th at 9:00-10:00am in The Landing Tech Room

Join Heidi from Aspirus to learn about Advance Care Planning (ACP), the process which helps you think about, talk about, and write down your choices for future health care decisions.

While it's not an easy topic to consider, it is important for every adult to have a Health Care Directive - a written plan for loved ones and health care providers to follow - so that your wishes are known if a time comes when you cannot speak for yourself.

These Group presentations will take place Quarterly on March 12, June 11, September 10 and December 10 from 9:00 to 10:00am. Quarterly One-on-One appointments will take place on Tuesday, a week later, See flyer for details.

Register today for to learn how to move forward in working with family members and medical persons as needed to make these decisions and choices in an informed manner.

Facilitator: Heidi Kraege | Members: FREE Non-Members: Day Pass Required

Hair Products 101 with Larissa Engel

Wednesday, March 13th 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, and hair care products. Hair Products 101 is a follow up to the Hair 101 class that Larissa did in February.

There are so many products out there for hair today and so much media on what you must have for your hair. Larissa, will help to make sense of what products should we use and the benefit they may bring.



The cost of the program includes one travel size Color WOW Shampoo. We all have hair to care for, join us in this program to better understand what we need for our hair and how to use it.

Registration Deadline: March 5th

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

Introduction to Watercolors

Thursday, March 14th at 12:30-3:00pm 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 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.



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

Register Soon - Class size is limited

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

The Price is Right at The Grand Theatre

Friday, March 15th- Meet at The Grand Theatre | Show Starts at 7:30pm

Come on Down!

Time to get your energy on! We have tickets in hand for The Price is Right at The Grand Theater.



Tickets will be available for pick-up from Debbie at The Landing Front Desk beginning Monday, March 11th, through Thursday, March 14th.

What fun this will be- Get Registered, secure your seat ticket and “Come on Down”

Facilitator: Barb Tesch | Cost: \$70

Easter Egg Decoupaging & Lunch in Marshfield

Monday, March 18th- Meet in The Landing Atrium at 10:15am

Let's get in The Landing Shuttle and head to Marshfield. Our first stop will be at Lumberyard Bar & Brill for Lunch (See Flyer for Lunch Options).

After lunch, we will be heading to North Wood County Historical Society where we will partake in an Easter Egg Decoupage Class which will be diamond dusted in their kitchen while we enjoy a tour of the facility.

The class will be led by Don & Vickie Schnitzler. We will be using foam eggs, to learn the art of decoupaging with paper napkins. Supplies will be furnished to make 2 eggs during the class. Please note that the napkins used in the class may have different designs than the eggs pictured. Tips will also be given on how to create your very own Easter Egg Tree.



Cost of program includes lunch and gratuity; supplies needed for the Egg Decoupage class, in which you will create 2 eggs to take home and the shuttle ride to and from the event.

NOTE: If you have not yet completed a Landing Waiver for trips in 2024, you will need to do so before the trip.

The trip is limited in number of persons that can attend, so REGISTER SOON to get your spot on the shuttle for this fun outing.

Facilitator: Kim Krueger | Members: \$35

Adventure Camp- Spring Equinox Retreat

Tuesday, March 19th- Meet in The Landing Atrium at 8:45am

Happy Spring Equinox, a time to begin anew and celebrate personal and plant growth.

Debby will start the day with fun self explorational techniques of self-care and letting go. It a wonderful opportunity to see your future in a bright new light! We will take a break for lunch and transition into our afternoon of fun with Janell.



What comes to mind when you hear the words “seed bombs”?

Seed bombing, on a larger scale, is used to introduce new vegetation to an area. These seed bombs are typically made with packed soil or clay and seeds of the plants they want to grow. They can be dropped from an aircraft or thrown by hand (on a smaller scale). Seed bombing is an easy and fun way to spread new seeds. In this activity students will learn about local/native plants and learn what plants need to survive. Then we'll make seed bombs to take home and try to grow later.

Lunch for the day: Pesto Pasta w/roasted chicken on the side and a tomato, mozzarella, basil salad with a bright vinaigrette

Join us to welcome spring and start anew with this fun-filled day celebrating personal growth and growth within the earth. Register soon – Space is limited.

Facilitator: Mary Jindrich | Members: \$42 Non-Members: \$60

Lunch & Creating a Spring Grapevine Wreath at Willow Springs

Thursday, March 21st- Meet in The Landing Atrium at 11:10am

Are you ready to add spring decor to your door? If so, let's hop into the Landing Shuttle and head to Willow Springs where we will first enjoy a delicious lunch and some socializing. After lunch we will be creating a Spring Grapevine Wreath! Cost of program includes lunch and materials needed to create grapevine wreath.

We will meet in the back of the Landing at 11:10am to load the Shuttle and Leave for Willow Springs promptly at 11:20am.

This easy to create and adorable spring grapevine wreath will elevate your entrance with your own personal touch, so Register Soon. Number of participants is limited!

Facilitator: Barb Tesch | Members: \$40

Wings Grief- “Love Never Dies”

Thursday, March 21st at 3:00-4:00pm in The Landing Tech Room

“Goodbyes are only for those who love with their eyes. For those so love with heart and soul there is no separation.”

Research indicates that it’s normal and healthy to stay connected with your loved one who died. The theory states that your relationship with them doesn’t end but it slowly changes over time. Instead of getting over it or letting go completely, we nurture our bond. Such a bond appears to benefit the bereaved by providing comfort, and by affirming a spiritual connection. Everyone does this in their own way. To you, it may mean continuing a favorite hobby you enjoyed together. Or carrying on a legacy through a charity, a fundraiser, or other memorial gift/act. You don’t need to forget about your loved one to grieve in a healthy, normal way.

Nan will share ideas from her newest book that demonstrates how it works for her. Join us. Learn and Share!

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



Wausau Police- K-9 Unit

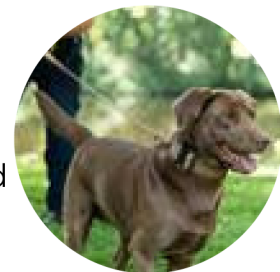
Friday, March 22nd at 9:00-10:00am in The Landing Tech & Art Room

Meet Officer Mark Kurthzals and K-9, Rio, a female chocolate lab. Working as part of the Wausau Police K-9 Unit, Officer Kurthzals and Rio get involved in both tracking and trailing cases.

Rio is not an aggressive dog and is good with the public. She and her trainer get involved in some drug tracking and various trailings of persons that may need assistance, and other sniffing related cases.

Come and hear some stories of the type of cases they may get involved with, her training and care regiment, and meet this friendly K-9 and perhaps get to see some of her tricks.

Facilitator: Mark Kurthzals | Members: FREE Non-Members: Day Pass Required



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

New Programs in March

Leigh Yawkey Museum- Life & Artistry of John Sloan

Friday, March 22nd at 12:30pm- Meet at The Woodson Art Museum

Join Leigh Yawkey Woodson Art Museum curator Amalia Wojciechowski for a short presentation on the life and artistry of John Sloan, a prominent American artist known for his contributions to the Ashcan School movement. Delve into Sloan's compelling journey through the early 20th century, exploring his distinctive style, urban landscapes, and keen observations of everyday life.

Leigh Yawkey
Woodson
Art Museum

This program will provide a captivating glimpse into Sloan's impact on American art, shedding light on the cultural and artistic milieu that shaped his remarkable career. After the talk, join Amalia in the galleries to discuss Cornelia Street, the first Sloan in the Woodson's collection, now on view in A Civic Wilderness.

Registration Required

Facilitator: Amalia Wojciechowski | Cost: FREE

Spring Orienteering at Monk Gardens

Thursday, March 28th- Meet at The Landing Atrium at 9:30am

Orienteering is an outdoor program that involves using a map and compass to navigate from point to point in a specific, usually unfamiliar terrain. Participants are given a topographical map and a compass, which they use to find control points.

Monk
20
Since 2003
Botanical
Gardens

We will meet in the Landing at 9:30am and load the Landing Shuttle. Leave for Monk Gardens at 9:40 sharp! We will leave Monk Gardens around 11:30am and return to Landing about noon.

Test your skills in following a compass in an orienteering challenge with a compass and map at this fun event at Monk Gardens Wausau

Facilitator: Elise Schuler | Cost: \$20

March Birthday Bash!

Friday, March 1st 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!

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



Old Guys Book & BS Club

Wednesday, March 6th at 9:30-10:30am in The Landing Tech Room

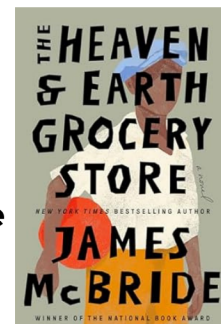
A club designed for men who are members of The Landing to get together, discuss books, have a donut, and B.S. The Club will meet the first Wednesday of every month.

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

“The Heaven and Earth Grocery Store” by James McBride at the March 6th, 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

Hospice 101 by Compassus

Thursday, March 7th at 11:00-12:00pm in The Landing Tech & Art Rooms

Hospice care, just like any other medical decision, should be based on the specific needs of the individual patient. Treatment goals of a patient are the center of any conversation between a patient and their medical providers. These goals are health results-oriented and may not always consider overall patient comfort.

Hospice care professionals are highly trained to not only provide physical comfort, but to also address the important emotional and spiritual needs of each individual. Patients whose goals line up with their hospice care often find hope and peace during what can be a challenging time.

The compassion, support and expertise of hospice teams, can act as an extension of patients' existing care teams. Join in this program to learn more about the services provided by a Hospice team.

Facilitator: Compassus | Members: Free Non-Members: Day Pass required

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

Monthly Recurring Programs

March Soup-to-Go | LAST Month until Next Fall!

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.

March 8th: Chicken & Wild Rice with Branberry Walnut Bread

March 22nd: Loaded Baked Potato with Garlic Cheese 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, March 11th & 25th 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



Rick Lohr: USSR/Russia

Tuesday, March 12th at 10:00-11:00am in Landing Tech & Art Rooms

Wednesday, March 20th at 10:00 - 11:00am - Landing Tech & Art Rooms

We will visit the Soviet Union/Russia during the critical years of transition from the Soviet empire to the Russian National State

Rick will be doing this program twice this month, March 12th and March 20th; from 10:00 to 11:00am in The Landing Art & Tech Rooms.

Register soon for one of these informative presentations on Russia.

Facilitator: Rick Lohr | Members: FREE Non-Members: Day Pass required



Social Singles: Clean Slate

Tuesday, March 12th at 2:30-4:00pm at Clean Slate- 1027 E. Grand Ave; Rothschild

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



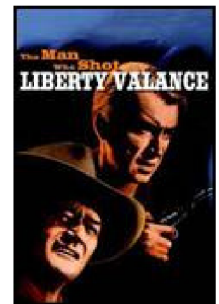
Getting to Know Classic Films

Wednesday, March 13th & 27th at 12:30-2:30pm in The Landing Tech Room

March 13: "The Man Who Shot Liberty Valance" (1962)

Questions arise when Senator Stoddard (James Stewart) attends the funeral of a local man named Tom Doniphon (John Wayne) in a small Western town.

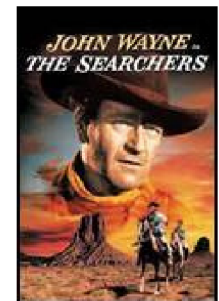
Flashing back, we learn Doniphon saved Stoddard, then a lawyer, when he was roughed up by a crew of outlaws terrorizing the town, led by Liberty Valance (Lee Marvin). As the territory's safety hung in the balance, Doniphon and Stoddard, two of the only people standing up to him, proved to be very important, but very different, foes to Valance.



March 27: "The Searchers" (1956)

In this revered Western, Ethan Edwards (John Wayne) returns home to Texas after the Civil War. When members of his brother's family are killed or abducted by Comanches, he vows to track down his surviving relatives and bring them home.

Eventually, Edwards gets word that his niece Debbie (Natalie Wood) is alive, and, along with her adopted brother, Martin Pawley (Jeffrey Hunter), he embarks on a dangerous mission to find her, journeying deep into Comanche territory.



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

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

Mind, Body & Spirit with Debby Krenz- It's All About Energy

Thursdays, March 14th & 21st 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.

March 14th - Chakras

Chakras are energy centers in our body. No, you can't see them (some clairvoyants can), but they exist and can be felt. We will discuss each of the seven major chakra points: how each is unique, its corresponding color, which body area and organs are associated with that chakra (and are affected by it), and emotional attachments to that chakra. You will also find out how these centers can get "clogged" and how to release those blockages. You can expect lots of detailed information about chakras and will experience meditations to become aware of them and some clearing meditations. This class can really assist you in your mind, body, spirit wellness!

March 21st - Using Crystals to Clear Chakras and "Stuck" Energy

Continuing to learn about chakras, we review the basics about chakras and how important they are to our everyday wellbeing. Then we discover how crystals can be used as a healing tool to clear energy that is blocked in our chakras. We will have fun experiencing a meditation using these crystals, placing them on each chakra point with breathing and visualization as part of the clearing process. How to care for the crystals will also be covered so you can do this practice at home. You will need the seven crystal chakra set to do this, which can be purchased on Amazon for as little as eight dollars, or you can choose your own at Bill's Moonstone and Crystals, 325 N. 1st Ave here in Wausau. Their friendly staff can assist you. If you already have several crystals, here are the colors you need: red, orange, yellow, green or pink, blue, deeper blue or indigo, clear quartz or white. This will be a fun, hands-on class!

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

Angel Card Readings

Thursdays, March 14th 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

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

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

Monthly Reoccurring Programs

Golf, Lunch & Socializing

Monday, March 18th 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 March 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 151411 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



Horticulture with Janell: Lettuce Bowls

Wednesday, March 20th at 1:00-2:00pm in the YMCA Multipurpose Room

In this hands-on activity, we will learn techniques for starting seeds indoors, including proper containers and growing mediums, as well as germination requirements. Participants will plant containers with lettuce seeds and will take their containers home to grow over spring.

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



Registration required

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

Dinner Club: Char Grillhouse

Thursday, March 21st- Meet at Char Grillhouse at 5:30pm

Dinner Club will be held at Char Grillhouse, 203 Jefferson St, Wausau, WI 54403. The dinner menu features small plates, soups, salads, entrees and desserts. Entree options include CHAR Kebobs, Ale Braised Beef Short Ribs, Butter Poached Lobster Risotto, Umami Burgers, Roasted Boston Cod, Bone-in Ribeye and more.



We will meet at the Restaurant at 5:30 pm. Join us for an opportunity to have dinner with, 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.

Facilitator: Mary Jindrich

New Member Meet and Greet

Monday, March 25th at 11:30-12:30pm 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.

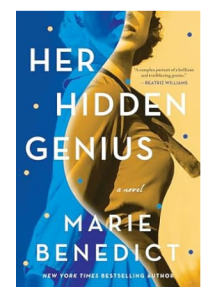
Registration is required. We hope you'll join us!

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

Book Club: "Her Hidden Genius" by Marie Benedict

Monday, March 25th 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: Financial Fitness - Power of Budgeting

Tuesday, March 26th at 11:00-12:00pm in The Landing Tech Room

We'll talk about the importance of creating and maintaining a budget in discussion of the following:

- Wants versus needs
- Setting goals for spending & savings
- Debt repayment

An important component to achieving what's financially important to you, is growing financial knowledge. Join us for this informative financial program..

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

Monthly Fox River Mall Shuttle Trip

Tuesday, March 26th- Meet in The Landing Atrium at 9:15am

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 recommend staying with at least one shopping buddy as you venture out in the mall.

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 approximately 4:15pm. Cost of the trip will be \$20 for members, plus whatever money you bring for your lunch and your shopping.



You will need to sign a waiver for 2024 after January 1st, preferably prior to the trip, or the day of the trip. We will have room in the shuttle for walkers, and hopefully for all of your packages when you're done shopping!

Register soon – Seats on shuttle are limited

Facilitator: Barb Tesch | Cost: \$20

Rennes Group- Balance & Mobility

Wednesday, March 27 at 10:00-11:00am in The Landing Tech Room

Balance gives you the ability to distribute your weight in a way that enables you to hold a steady position or move at will without falling. Static balance helps you stay upright when standing still. Dynamic balance allows you to anticipate and react to changes as you move.

Researchers have found that balance begins to decline in midlife, starting at about age 50. In one recent study, adults in their 30s and 40s could stand on one foot for a minute or more. At age 50, the time decreased to 45 seconds. At 70, study participants managed 28 seconds.

Exercise can improve your balance and your strength, so you can stand tall and feel more confident when walking. It's best to start off with a simple balance exercise for seniors.

If you or a loved one is struggling with loss of mobility or recuperating from a recent injury or surgery, physical therapy can make a lasting difference in improving balance or regaining range of motion.

Join Rennes Group as they delve into methods to improve balance and maintain mobility as we age.

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

Alzheimer's Association- Understanding Alzheimer's & Dementia

Thursday, March 28th at 8:30-9:30am in The Landing Tech Room

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages of the disease, risk factors, current research trends, treatment options available for some symptoms, and about Alzheimer's Association resources in the community.

Julie St. Pierre of the Alzheimer's Association will be conducting this informative class on how dementia communication problems often interfere with daily living, not only the person with dementia, but also family members and caregivers. She will discuss ways to positively communicate with dementia patients for the improved well-being of all involved.

Join us for this informative program.

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

Bingo at The Landing

Thursday, March 28th 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

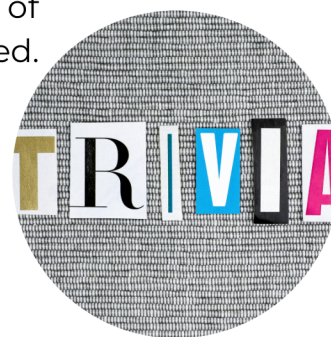
Friday, March 29th at 11:30-12:30pm in The Landing Tech & Art Room

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, March 29th- bus departs at 1:15pm 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: 1:15pm from the Landing | Arrival at Casino: 2:00pm

Board Shuttle for return: 5:00pm | Arrival at The Landing: 5:45pm

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

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

Weekly Reoccurring Programs

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

Weekly Reoccurring Programs

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

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.

NO Sessions on March 28th

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



Sheepshead

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

Group Exercise

Zumba Gold

Wausau Branch: Program Gym + Virtual

Mondays: 9:00-9:45am

Fridays: 11:15-12:00pm

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.

Instructor: Pam Murphy



SilverSneakers Circuit

Wausau Branch: Program Gym + Virtual

Mondays at 10:00-10:45am

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.

Instructor: Robin Nelson

Low Impact Stretch & Strength

Aspirus Branch: Studio B

Mondays & Wednesdays 10:00-11:00am

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

Instructor: Cindy Marquis

SilverSneakers Classic

Aspirus Branch: Studio B

Mondays, & Wednesdays at 11:15-12:15pm

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.

Instructor: Cindy Marquis



55+ Strong

Wausau Branch: Program Gym + Virtual

Tuesdays at 10:15-11:00am

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

Instructor: Lori Haight

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

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: North Pool

Tuesdays at 9:00-9:45am

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.

Instructor: Karen Singsheim



Urban Line Dance

Wausau Branch: Group Ex. Room

Tuesdays at 1:15-2:15pm

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. **NO CLASS Tuesday, March 26th**

Instructor: Randall & Marilyn

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



SilverSneakers Yoga

Wausau Branch: Group Ex. Room

Wednesdays: 9:45-10:30am

Thursdays: 11:00-11:45am

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.

Instructor: Pam Henkel & Lee Koch



Gentle Cycle

Wausau Branch: Cycling Studio

Wednesdays at 9:00-9:30am

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.

Instructor: Pam Henkel & Lee Koch

Flexibility, Balance & Breath

Wausau Branch: Group Ex. Room

Wednesdays at 10:45-11:30am

Join us for an intermediate yoga style class. Although the movements are modifiable, anticipate moving from standing to floor position throughout the exercise.

Instructor: Pam Henkel

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

Group Exercise

Butts & Guts

Wausau Branch: Group Ex. Room

Thursdays at 9:00-9:45am

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.

Instructor: Fred Tealey

SilverSneakers Enerchi

Wausau Branch: Group Ex. Room

Thursdays at 10:00-10:45am

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!

Instructor: Lee Koch

Full Body Fitness

Wausau Branch: Program Gym

Fridays at 10:15-11:00am

Join Fred for Full Body Fitness each Friday! A fun mix of cardio moves, strength conditioning, kickboxing and abs to whip you into shape.

Instructor: Fred Tealey



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

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.

Stepping On: Seven-week Falls Prevention Program by ADRC

Thursdays, beginning April 18th-May 30th at 1:00-3:00pm

Stepping On is a seven-week workshop that is proven to reduce falls. Workshops are offered throughout Wisconsin, facilitated by trained leaders, and provide a safe and positive learning experience. The focus is on improving balance and strength, home and environmental safety, vision, and a medication review.



Hear from experts on topics such as strength and balance exercises, medication and vision as it relates to fall risk, in-home safety, footwear and much more.

ADRC will provide a donation box. A contribution of \$10 is suggested for the entire 7-week program. Contributions are optional.

You won't want to miss this informational safety program. Register today-deadline is April 12th. Participation is Limited

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.

