

The Landing

Social & Activities Center
for Members 55+

At The Woodson YMCA
707 3rd St. | Wausau, WI

September

Program Guide & Newsletter

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

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 the description of the program.

All fees are noted, where appropriate. If no fee is noted, the program is Free to Members, and \$15 for Non-Members

Financial Assistance: Community Supported Memberships (CSM) provides partial assistance to members that qualify. To apply schedule an appointment at the Member Services Desk

Registration is required for all Programs & Events, with the exception of in-person Group Exercise.

A Brief History of Camp Sturtevant From the First Camp Director's Daughters

Interview completed & spotlight written by Carrie Gerner- Landing Volunteer

An 85th birthday is a special milestone. For Donald Leitzke, it was especially meaningful as his family surprised him with a celebration at the Woodson YMCA's Camp Sturtevant – a place he played a significant role in developing in the 1950s.

Donald passed away in 2015 at age 92. His daughters, Maxine Tlusty and Dona Leitzke, returned to camp in May 2024 to reflect on their father's legacy.

"We were very little, but we have big memories," said Maxine, while standing outside two of the original buildings on the camp property, which runs along a shallow bend in the Eau Claire river.

The sisters said their father's dream for a YMCA summer camp in Wausau can be traced back to his childhood during the Great Depression. Donald's family struggled financially, but a scholarship program provided him access to all that the Y had to offer.

After serving in the U.S. Navy during World War II, Donald used the GI Bill to attend George Williams College in Chicago – a school designed for training future YMCA employees. He spent summers working as a counselor at YMCA Camp Manito-wish in Boulder Junction, WI.

"He remembered those summers fondly because he liked to be outside: canoeing, camping, and fishing," said Maxine. "It meant a lot to him to help shape the lives of young men just like the Y did for him."

Shortly after graduating college with a degree in group work, Donald was hired as Secretary at the Wausau YMCA and he and his wife, Vera, returned to their hometown. Donald was responsible for organizing programming including dances, movie nights, father-son Indian guides, and field trips.

During his early days at the Wausau Y, Donald identified land that he thought would make a perfect setting for a summer camp. There was no budget, but the director, Glenn Harrison, gave him the go ahead if he could find a way to make it work.

Donald used his vast network of connections in the area to rally volunteers and donors. The Sturtevant family was a key financial contributor – hence the camp name – and he also convinced school principals who were off of work in the summer to help with the necessary labor.

"He was able to call on friends, family, neighbors, and the people he knew through the Y," said Maxine. "His enthusiasm was contagious and it became a big community project."

Dona described how the original buildings were sourced from a vacant Civilian Conservation Corps (CCC) camp on Rib Mountain. "They had to take them apart, transport them somehow, and then put them back together piece by piece."

Donald's vision slowly came to life and he became the first Camp Director. Back then, it was a weeklong overnight camp for boys of different age groups throughout June and July. The focus was on helping young men develop new skills and have fun, with activities including swimming, archery, and woodworking.

"We got to come on family days for presentations about what they did throughout the week," recalled Maxine and Dona. "We remember the big bell, the bunks, the beautiful wood furniture and rocking chair, the old Army truck they transported the kids in, and the awful iron tasting water."

Sometimes the family could use the camp facilities when it wasn't occupied, such as for a party after Maxine's baptism. After one such gathering, their dog, Ruffy, missed the ride home and wasn't found until the next morning – waiting patiently on the porch of the craft building!

Donald made the difficult decision to end his YMCA career in 1961 instead of accepting a transfer that would uproot the family from Wausau. Though the programs have evolved, Camp Sturtevant is still in operation over seven decades later, from youth day camps throughout summer to off-season Adventure Camps with The Landing.

"I think he was happy it's still here after all these years," said Maxine. "He used to say that he hoped that his daughters could attend camp someday. It isn't limited to boys anymore, so that was another dream come true."



Wednesdays from
11:30am-12:00pm



Wednesday, September 4th:

Chicken Cobb Salad- \$10

Our favorite Cobb Salad with chicken, avocado, hardboiled egg, tomatoes, bacon, red onion, craisins, bleu cheese (on the side) & a classic cobb dressing. Enjoy a S'mores Brownie for dessert.



Wednesday, September 11th:

Classic Pot Roast- \$10

Slow cooked pot roast is potatoes, carrots & onion served with Fruit Pizza for dessert.



Wednesday, September 18th:

Vegetarian Mexican Wrap- \$5

A flour tortilla stuffed with black beans, guacamole, tomatoes, onions & cheese.



Wednesday, September 25th:

Shrimp Scampi - \$10

Enjoy Shrimp over a bed of buttery garlic linguine with an Italian Sprinkle Cookie for dessert.

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

Lunches are non-refundable after registration has closed.

The Landing

ANNUAL GALA

Saturday, September 28th, 2024

THE ELKS CLUB, 414 SCOTT STREET, WAUSAU

Let's Celebrate The Landing's 5 Year Anniversary

ENJOY DANCING, RAFFLES & MINGLING

Save the Date for The Landing Annual Fundraiser

Ticket Price

\$50 Per Ticket

Purchased at Event

\$75

Purchase Tickets

In person: Visit The YMCA or
Landing Front Desk

Call us: 715-841-1855

Online: the.landingwausau.com

Early bird Special

Purchase on or before
August 16, 2024 , and save!

\$5 off One Ticket

\$15 off Two Tickets

Delicious Hors d'oeuvres Provided
Wine, Beer and Drinks Available for Purchase
Ages 21+

6:00pm Doors Open

6:00-7:00pm: Piano Playing by Ray Kraemer

7:00-10:00pm DJ & Dancing with Bob Holl
Entertainment

Presenting Sponsor



Supporting Sponsors



Gather Sponsor



Move Sponsors



The Landing Annual Fundraiser

Supporting the Y For All Campaign.

Proceeds from this event will benefit the Y For All Campaign, ensuring that no one is ever turned away from the Woodson YMCA due to an inability to afford fees.



September Programs

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



The Landing will be open from
8:00am-12:00pm

All normally scheduled programming is cancelled

Cycling without Age- Trishaw Rides

Tuesdays at 3:00pm OR 4:00pm | Thursdays 1:00pm OR 2:00pm

Rides Depart from The YMCA Front Entrance

Cycling without Age removes any of the barriers that might make it difficult to hit the road as you get older. With CWA's Trishaws, you will take in the sights & sounds of Downtown Wausau.

Please arrive on time- you will need to fill out a waiver with the CWA Pilot.

Facilitator: Halle Veenstra | Cost: FREE

Special Interest

Wings Grief: Give Sorrow Words- 5 week series

Tuesdays, through September 10th at 5:30-7:00pm in The Landing Tech Room

Grief is something you may consider private & personal, as though only you can own it. We live in a culture that avoids talking about loss & one that wants us to move quickly through mourning to become our former selves.

Join in these 5-weeks, sharing, supporting & respecting each other's journey.

Facilitator: Nan Zastrow | Cost: FREE Non-members must register at the YMCA Front Desk

Health & Wellness

Out & About with Jon- Rib Mountain Grouse Lane

Wednesday, September 4th- Meet at 9:00am at Grouse Lane- See flyer for location details

Join Jon for a 2.5-mile loop trail on the north side of Rib Mountain from the Turkey Vulture on Grouse Lane.

Walking Sticks are encouraged.

Facilitator: Jon Oestriech | Cost: Free

**This Out & About is Sponsored by:
Wausau Spine & Rehab**



Offsite Adventures

Old Guys Book & BS Club

Wednesday, September 4th at 9:30-10:30am in The Landing Tech Room

Occurs on the 1st Wednesday of each month

A club designed for men who are members of The Landing to get together, discuss books, have a donut and BS. **Please read "The Splendid and the Vile" by Erik Larson for the September Meeting**

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

Social Clubs & Groups

September Programs

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

September Birthday Bash!

Special Interest

Friday, September 6th at 11:30am-12:30pm in The Landing Tech & Art Rooms
Occurs on the 1st Friday of each month

We are celebrating birthdays every Month! If it is your Birthday Month, sign up to enjoy cake, music & the chance to win fun prizes.

Facilitator: Mary Jindrich | Cost: Free

Special Thank You to our Birthday Bash Sponsors



Out & About with Jon- Ice Age Scenic Trail

Offsite Adventures

Monday, September 9th- Meet at 9:00am at the Dells of Eau Claire
235990 CTY Rd Y | Aniwa, WI

Join Jon on a 1.5 hour walk/hike around the Dells of Eau Claire on the Ice Age National Scenic Trail. Walking Sticks are encouraged.

Facilitator: Jon Oestriech | Cost: Free

This Out & About is Sponsored by:
Wausau Spine & Rehab



Exploring Self-Healing Energies with Bernie

Health & Wellness

Monday, September 9th & 23rd at 10:00-11:30am in The YMCA Multi-Purpose Room
Occurs on the 2nd & 4th Mondays of each month

You will learn how to understand your wisdom from within, through various spiritual practices. Join us for this fascinating and informative personal wellness program. Bernie will resume to two programs of month in the fall.

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

Honoring Choices Presentation

Health & Wellness

Tuesday, September 10th 9:00-10:00am in The YMCA Multipurpose 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.

Register today 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

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

Rick Lohr Presents: Czech Republic



Tuesday, September 10th & Wednesday, September 18th at 10:00-11:00am in The Landing Tech & Art Room

Visit beautiful Prague and its exciting history. We will tour and talk about the Jewish Quarter and the Pinkas Synagogue. Other topics will include the Nazi model town of Terezin, the Theresienstadt ghetto, Kutna Hora, and the Sedlec Bone Church and ossuary.

Join Rick in this Czech Republic exploration and history.

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

Social Singles- Biggby Coffee



**Tuesday, September 10th- Meet at Biggby at 2:30pm
3140 Rib Mountain Dr. | Wausau, WI**

Meet other Singles at our Monthly Social Singles event at Biggby Coffee. Enjoy good coffee and good conversation.

Facilitator: Mary Jindrich | Cost: FREE

Out & About with Jon- E-Biking in Manitowish Waters



Wednesday, September 11th- Landing Shuttle Departs at 7:00am

Hop on The Landing Shuttle for a day of E-Bike riding on the gorgeous, paved trails in Manitowish Waters. Jon will be leading the way on this fun journey of beautiful lakes & scenery. Ride is approximately 2.5 hours. Lunch will on on your own at Dixies Coffee House. Included in the fee includes shuttle ride, E-Bike Rental and breakfast sandwich.

Facilitator: Jon Oestriech | Cost: \$52

**This Out & About is
Sponsored by:
Wausau Spine & Rehab**



Getting to Know Classic Films



Wednesday, September 11th & 25th at 1:00-3:00pm in The Landing Tech Room

Join Scott Schutte, classic movie buff for two films in August.

September 11th: "When Worlds Collide" (1951)

September 25th: "Mark of the Vampire" (1935)

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

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

Highground Veteran Memorial Park Trip



Thursday, September 12th- Meet in The Landing at 8:15am for Shuttle Departure

Join us for a guided tour of Highground Veterans Memorial. Highground is the nation's premier manned Veterans Memorial park that features statuary & tributes, beautiful landscaping & breathtaking views.

Tour is about 1.5-2 hours, with about 1 mile of walking. An optional lunch at A&W in Neillsville will follow. **Registration Deadline: September 5th.**

Facilitator: Theresa Hebert | Cost: \$25

Creative Cooking with Jackie- Pastel Azteca & Flan



Thursday, September 12th at 9:00-11:30am in The YMCA Multi-Purpose Room

We will learn how to make these two dishes that will serve as a delicious Mexican Meal for lunch.

Cost of the program includes the class, recipes from class & lunch. You won't want to miss this.

Facilitator: Jackie Romero | Members: \$20 Non-Members: \$35

Delores Kessel Presents: Grief & Loss



Friday, September 13th at 8:30-10:00am in The Landing Tech & Art Rooms

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming.

Join Delores to understand the impact of grief & potential steps to take to help get through a challenging time.

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

Quarterly Blood Pressure Clinic with Rennes Group



Friday, September 12th 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.

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.

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

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

Wausau Police Presents: Drugs in our Community



Monday, September 16th at 9:00-10:00am in The Landing Tech & Art Rooms

Join us for an engaging session with an officer from the Community Resource Unit. They will provide a summary on drug trends in our community, investigations conducted by the unit.

Be sure to bring questions on this program impacting our community.

Facilitator: Wausau Police | Members: FREE Non-Member: Day Pass Required

Out & About with Jon- 9-Mile County Forest



Tuesday, September 17th- Meet at 9-Mile County Forest at 9:00am

221700 Red Bud Rd | Wausau, WI

Join Jon on a 2-hour hike at Nine Mile County Forest.

Facilitator: Jon Oestriech | Cost: FREE

**This Out & About is
Sponsored by:
Wausau Spine & Rehab**



Honoring Choices 1:1 Sessions



Tuesday, September 17th in The YMCA Multi-Purpose Room

Book your 1:1 appointment with Heidi from Aspirus to begin work on your Advance Care Plan!

Times available: 10:00am | 10:30am | 11:00am | 11:30am

Registration is Required

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

Richard Olson Presents: The Silent Poetry of Georgia O'Keeffe



Tuesday, September 17th at 10:00-11:00am in The Landing Tech & Art Rooms

The modernist movement of the early 20th Century challenged establishment ideas of what constituted poetry, literature, architecture, music, religion, fashion & art. At the vanguard of the art movement was Wisconsin Native Georgia O'Keeffe. Her work raised eyebrows then & continues to do so.

In this program, we will not only look at some of those works, but we will also examine her life, her loves & her idiosyncrasies.

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

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

Wine Walk at Willow Springs



**Tuesday, September 17th- Meet at Willow Springs at 11:30am
5480 Hillcrest Drive | Wausau, WI**

Let's meet at Willow Springs and walk the grounds to 5 different locations for a unique appetizer and a different wine to taste.

This event will help you experience & see all the History Willow Springs has to share.

Facilitator: Peggy Griffin | Cost: \$18

Helene's Apple Orchard Shuttle Trip



Wednesday, September 18th- Meet in The Landing at 12:15pm to load the shuttle for departure.

Experience the magic of a bountiful harvest of apple orchards at Helene's Hilltop Orchard in Merrill.

We will spend about 2.5 hours at the Orchard with much to see and do. You will be on your own at the farm to partake in what may interest you.

Facilitator: Jon Oestreich | Cost: \$15

Horticulture with Janell- Spotted Lantern Fly



Wednesday, September 18th at 1:00-2:00pm in The YMCA Multi-Purpose Room

In recent news, Spotted Lanternfly, an invasive insect species native to Asia, has been sighted in Illinois. Spotted Lanternfly is not a threat to humans, but poses a significant threat to various plant species.

Learn more about them, and how to report them.

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

Collette Mediterranean Pre-Departure Meeting



Thursday, September 19th at 8:30-10:00am in The Landing Tech & Art Rooms

This meeting is for those Landing members who are registered for the trip to the Mediterranean with Collette.

Facilitator: Katie Ganshert | Cost: Free

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

Mind, Body & Spirit with Debby Krenz

Thursday, September 19th at 9:30-11:00am in The YMCA Multi-Purpose Room

Special Interest

Come, learn & have fun with like-minded souls.

September 19th: "Nature Spirits, Faeries & Elements"

September 26th: "Moonology: Working with the Magic of Lunar Cycles"

Registration is required.

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

2025 Travel Show with Collette Travel

Thursday, September 19th at 10:15-12:00pm in The Landing Tech & Art Rooms

Special Interest

Our Collette Representative Katie will be here at The Landing to cover the trips we have coming in 2025. See flyer for trip details.

Facilitator: Katie Ganshert | Cost: Free

Team Trivia Smackdown

Games

Friday, September 20th at 11:30am-12:30pm in The Landing Tech & Art Rooms

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.

Special Thanks
Trivia Sponsor



Facilitator: Mary Ellen Marnholtz | Members: FREE Non-Members: Day Pass Required

Leigh Yawkey Museum- "Birds in Art"

Friday, September 20th at 12:30-1:30pm at The Woodson Art Museum

Offsite Adventures

Visit the internationally renowned "Birds in Art" exhibition with Museum educators to learn about avian-themed artworks created from artists around the world.

Facilitator: Rachel Hausmann-Schall | Cost: Free

September Programs

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

Book Club

Monday, September 23rd at 11:30am-12:30pm in The Landing Art Room
Occurs on the 4th Monday of each month



Our book club is led by Connie Heidemann with Marathon County Literacy. All group members will read the book and join in a lively discussion led by Connie about the themes, characters and takeaways from each book. Please read **“Guncle” by Steven Rowley** for September’s meeting.

Facilitator: Connie Heidemann | Members: FREE Non-Members: Day Pass Required

New Member Meet & Greet

Monday, September 23rd at 11:30-12:30pm in The Landing Tech Room
Occurs on the 4th Monday of each



Join us for a fun and informational sessions to welcome you to The Landing.

Facilitator: Mary Jindrich | Cost: FREE

Lifestyle Change- A Journey Towards Better Health & Well-Being

Tuesday, September 24th at 9:00-10:00am in The Landing Tech & Art Room



Join Certified Lifestyle Coach, Lisa Knoll on a journey to your best, healthiest self, with the Lifestyle Change Program. This program & small group sessions to follow, focus on empowering participants to make small, healthy changes to their daily lives that eventually add up to big results.

This presentation will outline the program & introduce the small group session topics we will be offering.

Facilitator: Lisa Knoll | Members: FREE Non-Members: YMCA Day Pass Required

September Shopping Trip to Fox River Mall

Tuesday, September 24th- The Landing Shuttle Departs at 9:30am



Board The Landing Shuttle for a shopping trip to Appleton. Bus departs The Landing at 9:30am and will depart the Mall at 2:30pm. **Cancellations after September 20th will not receive a refund.**

Facilitator: Jon Oestreich | Cost: \$22

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

Edward Jones Presents: Healthcare & Your Retirement

Tuesday, September 24th at 11:00am-12:00pm in The Landing Tech Room
Advances in healthcare are providing opportunities for a longer retirement & better quality of life. However, the increasing cost of healthcare is a growing concern for current & future retirees.



In this program, Paul will be discussing Medicare coverage & traditional medical expenses, long-term medical expenses, & strategies for addressing out-of-pocket expenses.

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

Alzheimer's Association Presents: Supporting Independence

Tuesday, September 24th at 2:00-3:00pm in The Landing Tech Room

This program is part two of the five part "Empowered Caregiver" education series that teaches caregivers how to navigate responsibilities of caring for someone living with dementia. Each month we will be offering the next part in the series. Participants can register for individual courses to meet their needs/interests or complete the entire series.

Facilitator: Alzheimer's Association | Members: FREE Non-Members must Register at the YMCA Front Desk



Out & About with Jon O. - Rivers Edge Trail

Wednesday, September 25th- Meet at 9:00am- Meet in The Landing Atrium

Join Jon and Marathon County Historical Society guide, Gary Gisselman, on a walk through Historica Downtown Wausau. Start & finish at The Landing.

Facilitator: Jon Oestriech | Cost: FREE

**This Out & About is Sponsored by:
Wausau Spine & Rehab**



Rennes Group Presents: Managing Medications

Wednesday, September 25th at 10:00-11:00am in The Landing Tech Room

Managing medications can be complicated, particularly if you are taking several prescription drugs that treat different conditions. Over 20% of U.S. adults age 40 & older take five or more prescription drugs.

Join Rennes Group staff for safeguards in managing medications.

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



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

Golf Social- Trapp River Golf Course



Wednesday, September 25th- Meet at Trapp River Golf Course at 1:00pm

Attention Golfers! Let's get together and golf 9 holes at Trapp River Golf Course.

It will take approximately 1 hr 45 min to about 2 hours to complete the 9 holes, depending on pace of group, and level of expertise of golfer. No golf lessons will be given. All fees to golf will be paid at the golf course.

Registration Deadline: September 18

Facilitator: Bill Olson | Cost: Golfers pay golfing fees at the course.

Dinner Club!



Wednesday, September 25th at 5:30pm- Trails End

3901 Sherman Rd | Wausau, WI

Join us for September's Dinner club at Trails End. Enjoy their Wednesday Night Fish Fry, or order something different off the menu.

Facilitator: Mary Jindrich | Cost: Dinner Fees to be paid to restaurant

Marathon County Solid Waste Landfill Tours



Thursday, September 26th

Join us for a fascinating and enlightening tour of The Marathon County Solid Waste Department in Ringle and discover that is it so much more than just a landfill.

Morning Tour: Arrive to The Landing at 8:15am

Afternoon Tour: Arrive to The Landing at 12:15pm

Facilitator: David Hagenbucher | Cost: \$10

Bingo at The Landing!



Thursday, September 26th at 1:00-2:30pm in The Landing Tech & Art Rooms

Let's play Bingo! Come out and play Bingo with your old and new friends each month. No daubers or number covers needed as we will be using the sliding window bingo cards. There will be friends, prizes & laughter.

Facilitator: Mary Jindrich | Members: FREE Non-Members: \$15

Special Thanks to
our Bingo Sponsor



Looking Ahead

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

Ho-Chunk Gaming Casino Trip

Friday, September 27th- Ho-Chunk Shuttle departs at 1:15pm



Join in on the fun of these monthly shuttle trips to Ho-Chunk Gaming in Wittenberg. The casino offers many different slot options and electronic table games, including Texas Hold Em, Craps, Black Jack and Roulette

Facilitator: Kathryn Boettcher | Cost: FREE

Looking Ahead

Fireside Theatre Presents: Miracle on 34th Street

Thursday, December 5th- Lamers Bus Departs at 7:15am



Join us for our Annual Trip to the Fireside Theatre for the musical "Miracle on 34th Street." Jump aboard the comfortable Lamers Motor coach and enjoy snacks on the bus. Upon arriving to Fireside you will have time to visit some of their spectacular gift shops before having lunch as a group at 11:15am. Show starts at 1:30pm. From there we will load the bus for home with a quick stop in Westfield for dinner.

T8icket costs includes ride on Lamer's bus, light snacks and water on bus, musical and lunch tickets. **Registration Deadline: November 4th**

Facilitator: Amber Pender | Cost: \$175

Sponsorship Shout-Out!

Thank You to the Clay Marketing Group for your Hot Chocolate Sponsorship in September.



Weekly Programs

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

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!

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.

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.

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

Hand and Foot

Games

Tuesdays at 12:30-3:00pm & Fridays 10:30-1:00pm 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

Games

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

Fun Bridge

Games

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

Beginner Bridge players are invited to play Bridge every Friday.

Cribbage

Games

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

Social Clubs & Groups

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

Laughter Club members participate in 30 minutes of laughter exercises with using charades, improve, 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

Games

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

Join us for a weekly gathering to play ping pong

Sheepshead

Games

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

All levels of players are welcome, even beginners

Wausau Branch

Monday

Zumba Gold
9:00-9:45am
Pam | Pro. Gym

**SilverSneakers
Circuit**
10:00-10:45am
Robin | Pro. Gym

Tuesday

**SilverSneakers
Splash**
9:00-9:45am
Karen | N. Pool

**Body Mind
Strength**
9:00-9:45am
Trish | GX. Studio

55+ Strong
10:15-11:00am
Lori | Pro. Gym

**Urban Line
Dancing**
1:15-2:00pm
**Randy & Marilyn
GX. Studio**

**Ballroom Dance
Lessons**
6:45-8:00pm
**Randy & Marilyn
GX. Studio**

Wednesday

Gentle Cycle
9:00-9:30am
Pam | GX. Studio

**SilverSneakers
Yoga**
9:45-10:30am
Pam | GX. Studio

**Flexibility,
Balance & Breath**
10:45-11:30am
Pam | GX. Studio

Thursday

Butts & Guts
9:00-9:45am
Fred | GX. Studio

**SilverSneakers
Enerchi**
10:00-10:45am
Lee | Yoga Studio

**SilverSneakers
Yoga**
11:00-11:45am
Lee | Yoga Studio

Friday

**Full Body
Fitness**
10:15-11:00am
Fred | Pro. Gym

Zumba Gold
11:15-12:00pm
Pam | Pro. Gym

New Location

**Dance Classes
are BACK!**

Aspirus Branch

Monday

**Low Impact
Stretch &
Strength**
10:00-11:00am
Cindy | Studio B

**SilverSneakers
Classic**
11:15-12:00pm
Cindy | Studio B

Tuesday

**Balance &
Stability**
10:00-11:00am
Kay | Studio B

**SilverSneakers
Stability**
11:15-12:00pm
Kerry | Studio B

Wednesday

**Low Impact
Stretch &
Strength**
10:00-11:00am
Cindy | Studio B

**SilverSneakers
Classic**
11:15-12:00pm
Cindy | Studio B

Friday

**Low Impact
Strength &
Conditioning**
10:00-11:00am
Amber | Studio B

**SilverSneakers
Circuit**
11:15-12:00pm
Kerry | Studio B

Zumba Gold - A modified Zumba class for active older adults that recreates 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 M.**

SilverSneakers Circuit - The Silver Sneakers 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. Chair available for support. **Instructor: Robin N. & Kerry M.**

Low Impact Strength & Stretch - A class incorporating strength along with balance, and flexibility exercises. Second half of each class includes movements to the floor.

Instructor: Cindy M.

SilverSneakers Classic - 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 M.

SilverSneakers Splash - SilverSneakers Splash is a water aerobics and strength class designed for all skill levels—even non-swimmers. This aqua exercise class offers a high-energy workout that reduces impact on your knees and back. **Instructor: Karen S.**

55+ Strong - The 55+ Strong class offers light strengthening exercises combining bodyweight exercises and/or other objects for additional resistance. **Instructor: Lori H.**

Gentle Cycle - 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 H. & Lee K.

SilverSneakers Yoga - 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 H. & Lee K.**

Flexibility, Balance, & Breath - 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 H.

Butts and Guts- 55+ - 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. This class is a good companion to the Full Body Fitness class just before!

Instructor: Fred T.

SilverSneakers Enerchi - 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 K.

Body Mind Strength- This class is composed of two parts. Part one- Breathing, warm-up & proper form, posture & feeling the muscles you are working. Part two- Low Impact Strength using dumbbells, resistance Bands, chairs and mats.

Instructor: Trish C.

SilverSneakers Stability- Focused on improving balance, this standing class uses chair support to advance cognition and fall prevention skills.

Instructor: Kerry M.

Full Body Fitness with Fred - Join Fred for Full Body Fitness on Friday!! A fun mix of cardio moves, kickboxing, strength conditioning, and abdominals to whip you into shape!

Instructor: Fred T.

Low Impact Strength & Conditioning- This class will give you the perfect mix of strength and low-impact cardio moves for a good full-body workout.

Instructor: Amber P



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