

The Landing

Social & Activities Center
for Members 55+

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

February

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.

February Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Wausau Symphony Presents: "An Afternoon on Broadway"

Sunday, February 2nd at 3:00-5:00pm at The First Presbyterian Church



The Wausau Symphony will present "An Afternoon on Broadway." Enjoy this talent-filled concert and look out for YMCA Membership Director, JuliAnn in the string section.

Registration Deadline: January 30th | Cancellation Deadline: January 27th

Facilitator: JuliAnn Sklow | Cost: \$10 Seniors \$15 Adults

Tai Chi I & Tai Chi II with Colleen



Tai Chi I: Tuesdays, Jan. 7th-Feb. 25th at 10:00-10:45am

Tai Chi II: Mondays, Jan. 6th-Feb 24th at 11:15am-12:00pm

Small Group Training Room

Join Colleen for the continuation of her previous Tai Chi Series.

Must have completed Tai Chi I or II to participate. If interested, see Amber.

Facilitator: Colleen Peters | Cost: \$20

Creative Cooking with Jackie: Savor Scoops of Mexican Soups



Tuesday, February 4th at 9:00-11:00am in The YMCA Multi-Purpose Room

'Tis the season for Soup! Join Jackie for a hands-on cooking class where you'll create three mouthwatering Mexican soups: Caldo Tlalpeño, Cream of Spinach & Potato & Leek soup.

Cost of the program includes the class, recipes & lunch.

Registration Deadline: January 28th | Cancellation Deadline: January 22nd

Facilitator: Jackie Romero | Members: \$15 Non Members: \$30

Play Reading-"A Doll House" & "Ghosts" by Henry Ibsen



Tuesdays, November 19th-Feb. 4th at 1:30-3:00pm in the YMCA Multi-Purpose Room

Gather with Sarah Rudolph & other enthusiasts in The Landing to read & discuss two plays written by Henry Ibsen. The innovative dramas created a sensation among 19th-century audiences with their mordant attacks on social conventions.

Cost of the program includes both play reading books.

Facilitator: Sarah Rudolph | Members: \$15 Non-Members: \$30

Registration is Required

Visit our Member Service Desk & Sign Up!

Wings Grief: Love Never Dies. Creating a Healthy & Normal Connection after Loss



Tuesday, February 4th at 4:30-5:30pm in The Landing Tech Room

Do you believe it's possible to create a relationship with a loved one who died? Maybe you've already practiced it. Or maybe you are a skeptic & think nobody can do that. Research indicates that it's healthy & normal to stay connected to your loved ones who died. Finding a way to sustain your love for the person after their death is important as you move forward in life.

Registration is NOT being taken at The Landing. Please contact Nan directly. wingsgrief.org | email: nanwings1@gmail.com | 715-845-4159

Facilitator: Nan Zastrow | Cost: FREE

Old Guys Book & BS Club



Wednesday, February 5th 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 "In the Kingdom of Ice"** by Hampton Sides for the February meeting.

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

February Lunch at The Landing



Wednesdays at 11:30am-12:00pm in The Landing Dining Room

Join us every Wednesday for a homecooked meal. **Registration Deadline is 4:00pm on the Monday prior to the meal.** No refunds will be given after the registration deadline.

Feb. 5th: Honey Garlic Glazed Salmon & a chocolate crinkle cookie. **\$10**

Feb. 12th: Crunch Salad. **\$5**

Feb. 19th: Swedish Meatballs with Mashed Potatoes & orange fluff. **\$10**

Feb. 26th: White Chicken Chili & a double chocolate brownie. **\$10**

Facilitators: Haley Houghton & Amber Pender

Let's Create with U-Paint: "Winter's Love Song"



Wednesday, February 5th at 1:00-3:00pm in The Landing Art Room

Join Briana Ziebell-Glasel, on the first Wednesday of the month for an art teacher lead class to create an art piece every month. February's program will be painting a beautiful Valentines Themed painting.

Registration Deadline: February 5th | Cancellation Deadline: January 29th

Facilitator: Briana Ziebell-Glasel | Members: \$25 Non-Members: \$40

February Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Guitar Music with John - First Thursday of Month

Special Interest

Thursday, February 6th at 2:00pm-3:00pm in The Landing Dining Room

Come to listen, dance, sing along and enjoy the musical talents of John & his guitar.

Facilitator: John Schmidt | Cost: \$Free

February Birthday Bash!

Special Interest

Friday, February 7th at 11:30am-12:30pm in 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.

Special Thank You to Culvers for helping sponsor our Monthly Birthday Bash!



Facilitator: Matthew Johnson | Cost: Free

Seeking Inner Harmony with Bernie

Health & Wellness

Monday, February 10th & 24th at 10:00-11:30am in The YMCA Multi-Purpose Room

Occurs on the 2nd & 4th Mondays of each month

Together, we'll create a safe, non-judgmental space where participants can openly share life experiences that may still weight on them. Join us for this fascinating & informative personal wellness program.

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

4-Season's Golf Simulator & Pizza Lunch

Offsite Adventures

Monday, February 10th at 11:00am-12:30pm at 4-Seasons Golf

151411 Robin Lane, Suite 200 | Rib Mountain, WI

Have you ever wanted to play a round of golf in the fall or winter months? Now you can at 4-Seasons Golf of Wausau. This will be offered monthly through March.

Registration is completed with 4-Seasons Golf. Call 715-679-3769 or stop in to 4-Seasons at 151411 Robin Lane, Suite 200 | Rib Mountain, WI.

Facilitator: Bill Olson | Cost: \$22

Registration is Required

Visit our Member Service Desk & Sign Up!

Rick Lohr Presents: Adventures in Tibet



**Tuesday, February 11th & Wednesday, February 19th < Moved to Wed, Feb 12th
In The Landing Tech & Art Rooms**

This presentation will discuss the Chinese effort to incorporate Tibet within the Chinese state through a process of sinification, the spread of Chinese Culture. Join Rick to learn more about this nation's rich history.

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

Play Reading- "Hedda Gabler" & "An Enemy of the People" by Henry Ibsen



**Tuesdays, February 11th-March 25th at 1:30-3:00pm in the
YMCA Multi-Purpose Room**

Gather with Sarah Rudolph & other enthusiasts in The Landing to read & discuss two plays written by Henry Ibsen.

Cost of the program includes both play reading books.

Registration & Cancellation Deadline: January 22nd

Facilitator: Sarah Rudolph | Members: \$15 Non-Members: \$45

Social Singles- The Bar



**Tuesday, February 11th at 3:00-5:00pm at The Bar
10302 Market St. | Rothschild, WI**

Meet other Singles at our Monthly Social Singles event at The Bar. Enjoy good company and conversation.

Facilitator: Cheryl Johnson- Domino | Cost: FREE

The Road to Recovery: PAM Rehabilitation Health Educational Series



Wednesday, February 12th at 10:00-11:00am in Multi Purpose Room

While receiving a diagnosis of heart disease, or being identified as high risk, can be intimidating, it is important to understand that lifestyle changes & professional rehabilitation can help reduce health risks & improve overall well-being.

February is Heart Health Month- Wear red to the seminar & be entered into a drawing to win a prize!

Facilitator: Megan Schroeder | Members: FREE Non-Members: Day Pass Required

Registration is Required

Visit our Member Service Desk & Sign Up!

Getting to Know Classic Films



Wednesday, February 12th & 26th at 1:00-2:30pm in The Landing Tech Room

Join Scott Schutte, classic movie buff for our classic movie for February.

February 12th: "Brining up Baby" (1938)

February 26th: " For Heaven's Sake" (1926)

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

Getting to Know the ADRC



Thursday, February 13th at 9:00-10:00am in The Landing Tech & Art Rooms

Join in this program to gain a better understanding of what the programs & services that are available to the senior community through the ADRC.

Facilitator: Jennifer Thompson | Members: FREE Non-Member: Day Pass Required

Mind, Body & Spirit with Debby Krenz



Thursday, February 13th & 20th 9:30-11:00am in The YMCA Multi-Purpose Room

In the spirit of Valentine's Day, the theme for February will be love; particularly SELF-LOVE. We can always love ourselves more! You can expect helpful information, resources, great discussions, meditation, and fun exercises for self discovery. The goal is to leave these classes feeling newly empowered!

Registration is required. Registration/Cancelation Date The Monday Prior to Class

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

Delores Kessel Presents: Suicide Awareness & Prevention



Friday, February 14th at 8:30-10:00am in The Landing Tech & Art Rooms

Suicide is a significant public health issue, and this program will explore the varying suicide rates across the United States, with a focus on Wisconsin's position in comparison to other states.

Understanding that prevention and early intervention can save lives is key to creating a community that is more supportive, compassionate, and proactive when it comes to mental health.

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

February Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Soup-to-Go!



Every Other Friday beginning November 8th-March 28th at 10:30am

Soup-to-Go is back! Enjoy a quart of homemade soup and a quarter loaf of bread every other Friday during the Fall & Winter months. **Registration Deadline is 4:00pm on the Monday prior to the meal. No refunds will be given after the registration deadline.**

February 14th: Italian Wedding Soup with Cheesy Bread

February 28th: Clam Chowder with Beer Bread

Facilitators: Haley Houghton & Amber Pender | Cost: \$10

Valentine's Day Sing-A-Long



Friday, February 14th at 11:00am-12:00pm in The Landing Dining Room

Come out & sing along with Raymond Kraemer for our Valentines Day Sing-a-Long. If interested in singing a solo, please let Raymond know.

Facilitator: Raymond Kraemer | Members: FREE Non-Members: Day Pass Required

Wausau Police Presents: Coffee with the Chief



Tuesday, February 18th at 9:00-10:00am in The Landing Tech & Art Rooms

Chief Matthew Barnes of the Wausau Police Department will be at The Landing to meet members, share coffee & hear from you. He will be here to listen & comment on your questions & any concerns you may have with the happenings in our community.

Bring your Questions & Conversations!

Facilitator: Chief Matthew Barnes | Members: FREE Non-Members: Day Pass Required

Wings Grief: Grief is a Journey, Not a Destination- 5-Week Series



Tuesday, February 18th-March 18th at 4:30-5:30pm in The Landing Tech Room

Life is a journey. Grief complicates that journey & creates many new paths. Grief isn't an event that happens & then ends. Grief is messy, brutal & the beginning of your great unknown.

Learn how to avoid the struggles & discover how you can thrive with this program.

Registration is NOT being taken at The Landing. Please contact Nan directly. wingsgrief.org | email: nanwings1@gmail.com | 715-845-4159

Facilitator: Nan Zastrow | Cost: FREE

February Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Wagon Ride & Winery Tour

Thursday, February 20th- meet at The Landing at 9:15am



Enjoy the quiet beauty of a winter sleigh, gliding through a pristine white wonderland at Starwood Family Farms. The bonfire will feature hot chocolate & snacks.



Following lunch at Farm Inn on Main in Shawano, we will head to Hammen Family Orchard & Winery to sample a few “Warm-up” Beverages.

Cost of the program includes shuttle ride, sleigh ride, and Winery Beverages.

Registration Deadline: February 7th - Cancellation Deadline: January 30th

Facilitator: David Landretti, Shuttle Driver

Cost: ~~\$50~~ Reduced Cost to \$35 Thanks to Sponsor: Aspirus Health Plan

Lifestyle Change Program

Thursday, February 20th- April 24th at 11:30-12:30pm in The YMCA Multi-Purpose Room



Certified Lifestyle Coach, Lisa Knoll is back with her “Journey Towards Better Health & Well-Being” Program. These small group sessions focus on empowering participants to make small, healthy changes to their daily lives that eventually add up to big results.

Join Lisa for 10-Weeks of sessions, each stand on their own, so participate in one or all of the sessions. **Cancellation Deadline: 24hs Prior to Session**

Facilitator: Lisa Knoll | Members: \$5 per sessions Non-Members: \$20 per session

Bingo at The Landing!

Thursday, February 20th 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: Pat Kluz | Members: FREE Non-Members: Day Pass Required

Team Trivia Smackdown

Friday, February 21st 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.



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

February Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Book Club

Monday, February 24th 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 **“Sisters in Arms”** by Kaia Alderson for February’s meeting.

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

New Member Meet & Greet



Monday, February 24th 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: Pat Kluz | Cost: FREE

Edward Jones Presents: Simplify your Spending & Savings Strategies



Tuesday, February 25th at 11:00am-12:00pm in The Landing Tech Room

This seminar is an educational program designed to help participants sharpen their spending & savings strategies. Join Paul Dau, CFP of Edward Jones for these essential budget planning tactics.

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

Estate Planning with Hougum Law Firm & Rennes Group



Wednesday, February 26th at 10:00-11:00am in The Landing Tech Room

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

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

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

February Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Shopping Trip to Fox River Mall- Appleton



Thursday, February 27th- meet at The Landing at 9:20am

Let's go Shopping. Fox River Mall is the largest shopping mall in northeast Wisconsin. It hosts over 100 stores & 20 different eating venues.

Cost of the trip includes shuttle trip- shopping and lunch are on your own.

Registration Deadline: February 27th | Cancellation Deadline: February 18th

Facilitator: David Landretti | Cost: \$22

The Lunch Club!



**Thursday, February 27th at 12:00-2:00pm at Papillon's
1041 E Grand Ave | Rothschild, WI**

Join us for February's Lunch club at Papillons for a delicious meal with Landing Friends. Registration is required.

Facilitator: Cheryl Johnson-Domino | Cost: Lunch Fees to be paid to restaurant

Ho-Chunk Gaming Casino Trip



Friday, February 28th- Ho-Chunk Shuttle departs from parking lot A 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 Boettcheer | Cost: FREE



Virtual Group Exercise Options

YMCA360 Streaming Service is Included with your YMCA Membership, with over 700 classes offered at your fingertips. New Content is added every day.

Sponsorship Shout-Out!

Thank You to Aspirus Health Plan for
Sponsoring Coffee & Shuttle Trips!



Program Cancellation Policy

Program registrations are required to ensure a spot is exclusively reserved for you. If you are unable to attend a registered program, please contact The Landing at 715-841-1855 as soon as possible. For programs with a fee, a program credit will be used, if canceled before the program cancellation date, If the fee is over \$20, a credit card reimbursement or check can be requested until the Cancellation Deadline. Unfortunately, we are unable to reimburse in the form of cash. Note: Credit card and check reimbursements can take up to 10 days to receive. Cancellation Deadlines will be indicated in the Program Guide and on the Program Flyer for programs with a fee.

Note: The Landing reserves the right to modify this policy at any time.

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.



Weekly Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Hand and Foot

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.

Games

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

Games

Fun Bridge

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

Beginner Bridge players are invited to play Bridge every Friday.

Games

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!

Games

Laughter Club

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

Laughter yoga uses simple breathing techniques, fun laughter exercises, eye contact and childlike playfulness to elicit laughter, without relying on humor or jokes. Health benefits of laughing in laughter yoga are based on scientific evidence that the body cannot tell the difference between fake and real laughter. You will feel the health benefits from the very first session!

Leader: Bernie Corsten

Social Clubs & Groups

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

Games

Sheepshead

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

All levels of players are welcome, even beginners

Games