

# The Landing

NOVEMBER 2023

NEWSLETTER & PROGRAM GUIDE



## Welcome to The Landing

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

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

## Table of Contents

Page 2	November Lunches
Page 3	Staff Spotlights
Page 4	Volunteer Spotlight
Page 5-19	New & Unique Programs
Page 20	Looking Ahead
Page 21-22	Reoccurring Weekly Programs
Page 23-25	Group Exercise Classes

## The Landing Hours

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

**The Landing will be closed on Thursday, November 23rd in observance of Thanksgiving**

## How to Register for Programs:

**Email:** [memberservices@thelandingwausau.com](mailto:memberservices@thelandingwausau.com)

**Call:** 715-841-1855

**Online:** [thelandingwausau.com/events](http://thelandingwausau.com/events)

**In-Person:** Visit the Receptionist Desk at the Landing, or Member Services Desk at main entrance to our Wausau Branch or Aspirus Branch to register.

For multi-session programs, please register prior to the first meeting date and plan to attend from the beginning.

Programs already in progress and registration is closed are noted in Green at header level within this program guide..

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

*Financial Assistance: At the YMCA and The Landing, no one is turned away for inability to pay. Assistance is provided for qualifying participants.*

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

# The Landing

## November Lunch at The Landing

Wednesdays at 11:30 am - 12:00 pm

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!

**November 1st: Turkey, Strawberry & Spinach Wrap \$5**

A delicious Turkey, Strawberry wrap with spinach tossed in poppy seed dressing, red onion & Feta Cheese.



**November 8th: Chicken & Chorizo Paella \$10**

Spanish saffron rice with chicken, chorizo & assorted vegetables served with a Key Lime Dessert.



**November 15th: BLT Salad \$10**

A salad with Bacon, Lettuce Tomatoes croutons and a not too spicy mayo dressing. Served with a scotcharoo for dessert.



**November 22nd: Thanksgiving at The Landing! \$15**

Join us at The Landing for Thanksgiving! We will be serving roasted Turkey, mashed potatoes, stuffing, cranberries, green beans, a sweet potato dish & rolls. Round it out with Pumpkin Pie for Dessert.



**Registration is due by Wednesday, November 15th.**

**November 29th: Cheese Tortellini with Alfredo Sauce \$10**

Delicious Cheese Tortellini with Alfredo sauces served with a side salad and a Yummy Apple Crisp for Dessert.



Beverages available by request 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.

### Diane Tilkens Engagement Staff

Hi- I'm Diane Tilkens. I'm excited to be a part of The Landing Team.

I have been married for 36 years. We have three sons (two of which are twins.) We also have a 7 year old Black Lab names Oscar. Our boys are married to wonderful ladies and they have blessed us with 8 grandkids (2 of which are twins!)

In my free time, I enjoy bike riding, walking, hiking up Rib Mountain and baking. I also enjoy traveling, mainly to Wake Forest, North Carolina and Saint Anthony, MN to visit my kids and grandkids.

I am so looking forward to meeting all the members that frequent The Landing!



### Sharon Bertler Asahi Instructor

Hi, My name is Sharon Bertler, and I'm excited to bring ASAHI to the Landing.

In the early 70's my husband, Roger, 18 month Matthew and I transferred to Wausau from Madison, WI, for Roger's employment. We built our home in Kronenwetter, added Teresa and Paul to the family, I've been here ever since.

Life creates its own direction and transitions. Wife, mother, RN, mother-in-law, grandmother, caregiver, widowed 2009, retiree 2011. Medical science is finding that after a significant loss, grief is really a form of traumatic brain injury. We need to remake familiar neural pathways. I reinvented myself! Certified as a lifeguard at age 65 (crazy). I put hundreds of miles on my road bike and hiking boots. I followed ancient foot paths in the Andes to Machu Picchu, and then Bhutan to the Eagles Nest in the foothills of the Himalayas. Egypt found me in the Great Pyramid at Giza, looking up out of what was once the resting place of Pharaoh Khufu, Second King of the 4th Dynasty. My life was like the Dr. Seuss book I gave each child at graduation, Oh the Places You'll Go. I didn't realize what I was looking for was within me all the time.

In June I received my Healing QiGong Teacher Certificate, a 200 hour trauma informed course with Yoga Farm, Ithica. At home I spend time in my flower garden, watching the fat bumblebees flit from flower to flower. My favorite American poet is Mary Oliver. "Summer Day" doesn't everything die at last, and too soon? Tell me what is it you plan to do with your one wild and precious life."

I look forward to spending more time at the Landing, and eating whatever smells so good when I walk in the door. If you're around on Tuesday, late morning, stop by and say Hi! or stay for ASAHI. I'd like to meet you.



# The Landing

## Volunteer Spotlight

"As you grow older, you will discover that you have two hands—one for helping yourself, the other for helping others."

-Audrey Hepburn

## Volunteer: Liz Froom- Kraay

### **I just want to say I am honored to be chosen for the November Volunteer Spotlight!**

I have had so much fun working with the other volunteers! It is a great team. I have been a volunteer in many different organizations over the years. This has been one of the best experiences.

I am a Wausau native, a graduate of Wausau East High School- Class of '75. Studied at UWMC before leaving the state when my first husband was stationed at Fort Bliss.

I returned "home" in '87 after divorce to raise my son near family.

I was in retail management for almost 32 years, the last 23+ with Things Remembered in the Wausau Center Mall. I met my husband Phil there, and we'll be celebrating our 30th anniversary this November. We have a son Matthew, from my first marriage, who lives in the area. We love having him close by so we can get together with him.

Reading is my favorite hobby-- just about any genre! Knitting, road trips, gardening and cooking are some other activities I enjoy in my spare time. One of my favorite times is getting together with friends for "game night", always an evening of great conversation and lots of laughter.

I truly enjoy meeting people. My daily interactions with the public was the greatest thing I missed in retirement. It was one of the best perks of retail work. Volunteering here has filled that void in my life. Giving back/sharing time with others has always been something I love to do.

**We are so lucky to have this wonderful social community and its amazing staff! I am grateful to be a part of it. Thank You!**

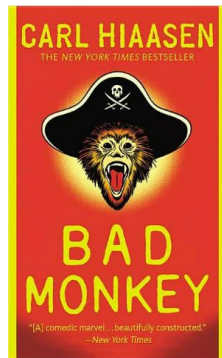


### Old Guys Book and BS Club

Wednesday, November 1st at 9:30-10:30am  
Occurs on the First Wednesday of each month

A club designed for men who are members of The Landing to get together, discuss books, have a donut, and B.S.

**Please read the book  
“Bad Monkey” by Carl  
Hiassen for discussion  
at the November 1st  
meeting.**



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

**Reading ahead: “Facing the Mountain”  
by Daniel James Brown for the  
December 6th meeting**

The Landing Tech Room

Facilitator: John DeLaporte

Members: FREE | Non-Members:

YMCA day pass required



Registration is Required

Visit our Member Service Desk & Sign Up!

### Intermediate Bridge Lessons: ACBL Bridge Series #4: Commonly Used Conventions

Wednesdays until December 13th at  
12:30-2:30pm

**This Program has already begun and is  
now Closed.**

We are fortunate, once again, to have Emalyn Nikstad, a bronze life master through the American Contract Bridge League, teaching the next series of Intermediate Bridge Classes at The Landing!

In this class, we will learn Stayman Convention, Jacoby Transfers, Jacoby 2 No Trump, Weak 2 Openings, & Strong 2 Openings.

We will use the ‘Commonly Used Conventions in the 21st Century Book’ (4th in the Series); the book is included with your \$35 fee for the class.

Classes will run weekly on Wednesdays from 12:30pm to 2:30pm, for 8 weeks, October 18th – December 13th; with no class on November 22nd.

**Register by October 4th.** Persons not registered will not be able to participate in class if maximum has been met.

This is the 4th session in the series of lessons. Some knowledge of bridge is required. Continue to expand your knowledge of bridge and join in the fun!

The Landing Tech and Art Room

Facilitator: Emalyn Nikstad

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

Members with Book already: \$20

### Shopping Trip to Fox River Mall in Appleton

Thursday, November 2nd- Meet at Landing at 9:50am

Let's go Shopping! We will meet the Landing Shuttle at 9:50am and leave for Fox River Mall in Appleton at 10:00am.

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 between about 11:40, depending on traffic and road construction. Lunch and shopping will be on your own, so plan accordingly. You will be on your own to shop and/or eat lunch as you wish.

**We will leave the mall at 3:00pm – please strive to be back to the shuttle 5 – 10 minutes before that.** Cost of the trip will be \$15 for members, plus whatever money you bring for your lunch and your shopping.

If you have not yet signed a Landing trip waiver for the year 2023, you will need to do so, either pick one up at the Landing and fill it in, or we can e-mail you the waiver form to complete.

We will have room for walkers, and hopefully for all of your packages when you're done shopping!

Depart The Landing at 9:50am

Facilitator: Barb Tesch

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

Registration is Required

Visit our Member Service Desk & Sign Up!

### Thursday 1:1 Tech is Back

Every Thursday in November- NO Session on November 23rd

Get 1 on 1 tech help for a 30 minute sessions so you can gain confidence in using your laptop, tablet or smartphone.

Select the 3:30-4:00 or 4:00-4:30pm time slots. Registration is Required.

The Landing Tech Room

Facilitator: Nick Close

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

### November Soup-to-Go!

Every other Friday through March

Pick-up in The Landing Kitchen at 10:00am

Soup-to-Go is BACK for the Fall and Winter! Every other Friday beginning November 3rd you can pick up your quart of homemade soup and a quarter loaf of homemade bread.



**Nov. 3rd:** Chicken & Vegetable with Garlic & Cheese Bread

**Nov. 17th:** Ham, Leek & Potato with Herbed Bread

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

The Landing Kitchen

Facilitator: Amber Pender

Cost: \$10

Registration is Required

Visit our Member Service Desk & Sign Up!

### Medicare 101 & Ice Cream Social followed by YMCA Membership Options for Seniors

Thursday, November 2nd at 2:00-4:00pm

#### **Medicare 101 and Ice-Cream Social by American Senior Benefits:**

It's important to note that Medicare enrollment period runs from October 15 to December 7, and all of the information coming at persons that are eligible for Medicare can be daunting.



Amber Scholz and Dewell (Butch) Clay of American Senior Benefits, will be talking about multiple areas of Medicare enrollment; including the four Categories, A-B-C and D of Medicare, Eligibility, and How to Enroll in Medicare and things to consider as you compare health coverage options, to become more comfortable with what questions to ask, so as to get the answers you need to make decisions that will best meet your personal needs.

After the Medicare 101 Presentation, there will be an Ice-Cream Social for persons registered for these informative programs; followed by -

#### **YMCA Membership Options for Seniors:**

The YMCA Membership Staff will walk through options available to Seniors for a YMCA Membership. They will discuss membership rates available for Seniors and how the fitness benefit programs (ex. Silver & Fit) work through the YMCA.

Knowing what's available to you begins with information and conversations. Join us for this opportunity to educate yourself on the Medicare Choices and Fitness Benefit Programs available, and how they may, or may not, affect you.

The Landing Tech & Art Room

Facilitators: Medicare 101- Dewell (Butch) Clay & Amber Sholz

YMCA Membership: JuliAnn Sklow & Lynn Wilkowski

Registration is Required

Visit our Member Service Desk & Sign Up!

### November Birthday Bash

Friday, November 3rd at 11:30am-12:30pm

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



The Landing Tech & Art Rooms

Facilitator: Mary Jindrich

Members: FREE | Non-Members:

YMCA day pass required

### Ironbull- Behind our Doors: Historical Walk in Downtown Wausau

Tuesday, November 7th at 10:00-11:30am  
& 1:30-3:00pm

Historical walks in downtown Wausau with Gary Gisselman. We will tour the Landmark Hotel, the Contemporary Art Museum, and the Elks Club.

We will meet at the Atrium Area of The Landing (back of Landing by the Fireplace/Puzzle Area). There will be two different times to choose from: one starting at 10:00am and one starting at 1:30pm, each taking about 2 hours with the various tours along the way.

We will start with a quick stop at the Contemporary Art Museum (Wausau Club) before stepping back for 100 years of history in the heart of Wausau.

Plan on approximately a mile of walking and 100 years of storytelling.

Meet at The Landing-Atrium area by puzzle

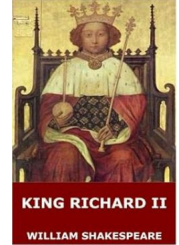
Facilitator: Bill Bertram

Members: FREE | Non-Members: Free

### Play Reading -Richard II

Tuesdays until November 14th at 1:00-2:30pm

Gather with Sarah Rudolph and other theatre enthusiasts in the Landing to read and discuss Shakespeare's play, Richard II.



The play is about the life and death of King Richard the Second, commonly called

Richard II. It is a history play by William Shakespeare believed to have been written around 1595, based on the life of King Richard II of England (ruled 1377-1399), it chronicles his downfall and the machinations of his nobles.

The play reading will take place Tuesdays for 6 weeks from 1:00 - 2:30pm; October 10th to November 14th.

Cost of program includes the play reading book. Register today for this interactive sharing of Shakespeare's play.

**This program is no longer open for registration.**

The Landing Tech Room

Facilitator: Sarah Rudolph

Members: \$10 | Non-Members: \$35





### Mind, Body & Spirit with Debby Krenz

---

Thursdays, November 9th & 16th at  
9:00-10:30am

Debby Krenz has been teaching the Angel Circle and Exploring Spirituality Classes with The Landing for the past 3 years. She will be teaching the same concepts, but has changed the class names to one common title name "Mind, Body & Spirit Classes" with Debby Krenz.

#### **November 9th: What are Spirit Guides & How Can they Help Us?**

Learn the difference between spirit guides and angels and how they can guide us on our journey. Experience a meditation to meet your personal spirit guide(s).

#### **November 16th: Animal Spirit Guides**

Animals are intuitive, spiritual beings that can connect with us and share their wisdom. Birds, mammals, reptiles, insects and sea life all have something to teach us! Debby will bring books and oracle cards to show you and also lead you on a meditation to meet your spirit animal! Just be open to learning something new.

YMCA Multi-Purpose Room

Facilitator: Debby Krenz

Members: \$12 | Non-Members: \$27



### Registration is Required

Visit our Member Service Desk & Sign Up!

### Angel Card Readings

---

Thursdays, November 9th & 16th  
beginning at 11:00am

The role of an Angel guide is to facilitate an open, loving, and healing space for someone to open up to the energy and support of the Angels. There are three main parts to the angel guide session: 1.) Connection - Debby will hold the space in prayer and call the angels in. There's time to chat and talk about what you are looking for in this session as well as loving insight will be given from any Divine guidance that Debby receives. 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. Debby is also an accomplished musician and can play a recording of her beautiful piano music along with a visualization.

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.

**Registration Required. No refunds for registered readings unless cancelled at least 48 hours prior to reading.**

#### **One on One Session Times:**

- 11:00am, 12:30 & 1:45pm

YMCA Card Reading Room

Facilitator: Debby Krenz

Members: \$45 | Non-Members: \$60



### Special Veteran's Day Programs for the week leading up to Veteran's Day

#### Return to Nam- Documentary Showing

Tuesday, November 7th at 10:30am-1:00pm

Join us in the celebration of Veterans as we present a 55 minute documentary "Return to Nam". This touching film is brought to us by ProMedica who is also providing free movie snacks for you to enjoy.

The Landing Tech & Art Rooms

Facilitator: Mary Jindrich

Members: FREE | Non-Members:  
YMCA day pass required

#### Honor Flight Fundraiser

Thursday, November 9th at 10:00am-12:30pm

Join us for the Honor Flight Fundraiser 2023. We will be viewing "Honor Flight One Last Mission" (1:22:22 length).



The documentary follows a Midwestern community coming together to show their thanks to living World War II veteran's before it's too late. Enjoy the movie and staff for our Taco Bar lunch. Donations of \$5 for the Honor Flight.

The Landing Tech & Art Rooms

Facilitator: Mary Jindrich

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

### Registration is Required

Visit our Member Service Desk & Sign Up!

#### Monthly Blood Pressure Clinic

Friday, November 10th at 10:00am

Occurs the second Friday of each month

The Rennes Group will be conducting Blood Pressure Clinics at The Landing each month on the 2nd Friday of month. Two 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 well-being.

**Please arrive at 10:00 am. Blood pressure checks will be completed on a first come, first serve basis. Once all are completed, Rennes staff will be leaving.**

Registration is required!

The Landing Tech Room

Facilitator: Rennes Group

Members: FREE | Non-Members:  
YMCA day pass required



### Introducing the Community Foundation

Monday, November 13th at 10:00-11:00am

Come learn about the Community Foundation, who they are, what they do, and the giving options. Michelle Gleason, Development Director will share an overview of the foundation and the work that is done to brighten our community. Ryan Jones, Financial Advisor from Thrivent Financial, will share simple and relevant strategies to maximize your charitable giving to have a lasting impact.

The Community Foundation helps individuals, families, nonprofits, and businesses achieve their charitable goals. Whatever your giving goals might be, the Community Foundation is here to help.

Join us to see what a giving community we live in.

Registration Required

The Landing Tech Room

Facilitator: Michelle Gleason

Members: FREE | Non-Members:  
YMCA day pass required



### Registration is Required

Visit our Member Service Desk & Sign Up!

### Eliminating Stereotypes about Aging

Monday, November 13th at 11:00-12:00pm

Stereotypes can influence the ways society sees an aging population and the way we see it ourselves. Stereotypes paints us all with the same brush; we are not all the same. When a senior person can't remember something, or they do something considered silly, they will often say, "Oh, I just had a senior moment." However, when seniors have had a great accomplishment, have you ever heard them say, "Oh, I just drew on all my amazing life experience".

Cultures are constantly changing. One of the ways our culture is changing, is happening because we are becoming a "mature" citizenry. By 2034 there will be approximately 77,000,000 people in the U.S. over age 65, in contrast, there will be approximately 76,500,000 people under age 18.

Register today to join us in this interactive program where we will discuss ways we may see aging stereotypes and ways we can influence a positive change to those labels.

The Landing Tech Room

Facilitator: Delores Kessel

Members: FREE | Non-Members:  
YMCA day pass required

### **Rick Lohr: Norway**

Tuesday, November 14th at 10:00-11:00am

Norway, is a country of northern Europe that occupies the western half of the Scandinavian peninsula. Nearly half of the inhabitants of the country live in the far south, in the region around Oslo, the capital.



About two-thirds of Norway is mountainous, and off its much-indented coastline lie, carved by deep glacial fjords, some 50,000 islands.

Rick went on this trip on a Wartburg College tour. That being the case, the group started out in Eisenach, Germany at Wartburg Castle. They traveled across Sweden and toured Norway. Highlights included Bergen and Oslo, Rick's grandfather came from a fiord in the Bergen area. The group then went to Copenhagen, Denmark, for a short visit and enjoyed the great scenery.

Join Rick as he takes us traveling through these regions of Europe.

The Landing- Tech and Art Rooms

Facilitator: Rick Lohr

Members: FREE | Non-Members:  
YMCA day pass required

### **Horticulture with Janell: Winterizing the Lawn & Garden**

Wednesday, November 15th at 1:00-2:00pm

Occurs on the third Wednesday of each month  
Learn how to put your garden and lawn to bed. We will cover the steps to prepare perennial and vegetable beds to rest for the winter as well as fall lawn care. In many ways, the work done in the fall is the most important to prevent pests and disease damage.

YMCA Multi-Purpose Room

Facilitator: Janell Wehr

Members: FREE | Non-Members:  
YMCA day pass required

Registration is Required

Visit our Member Service Desk & Sign Up!

### **AARP Free Tax Completion Program**

Wednesday November 15th at 10:00-11:30am

It's a Taxing Time! We want to make it easy and less painful. AARP provides a service for seniors to have their taxes done for free.

Volunteers answer phone calls and schedule appointments. They direct callers as to what to bring to their appointment and answer questions as to what types of returns may or may not be eligible.

Join us to find out more about this tax returns program.

The Landing Tech Room

Facilitator: Lette Becker

Members: FREE | Non-Members:  
YMCA day pass required



### Creating Wood Signs with Clay Corner Studio

Thursday November 16th at 11:00-12:30pm

Let's have fun making gifts for persons on your list, or create something for yourself.

Select one of the five following 9"x18" wooden sign designs. The signs will be stenciled with the design you choose, and you personalize it by painting it how you choose.

1. Without the Rain there would never be a rainbow
2. Joy, Love, Peace- Tree Shape
3. Let it Snow
4. Happy Thanksgiving
5. This is a Green Bay Packer Home

The cost of the 9x18 board sign is \$40. The cost will include the paint and what you need to paint the signs, and a rep from Clay Corner Studio for questions. You will leave with the your completed sign. You do not need to go back to the Clay Corner Studio for any type of finishing.

Join us for this creation that will be uniquely you and able to display for years to come.

The Landing- Tech and Art Rooms

Facilitator: Clay Corner Studio

Members: \$40 | Non-Members: \$55



Registration is Required

Visit our Member Service Desk & Sign Up!

### Baking with Amber: Double Layer Pumpkin Cheesecake

Thursday, November 16th at 1:00-2:30pm

Occurs on the third Thursday of every month

Amber's late mother inspired November's baking recipe. This

Double Layered Pumpkin Pie Cheesecake is sure to be a hit on your Thanksgiving table.



Amber's love of baking comes from baking with her late mother. She will feature many of her mother's favorite recipes monthly!

YMCA Multi-Purpose Room

Facilitator: Amber Pender

Members: \$10 | Non-Members: \$25

### Dinner Club: Thrive

Thursday, November 16th at 5:30pm

Join us at Thrive for Dinner Club!

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

Location: Thrive Foodery

2105 N 2nd, Wausau

Facilitator: Mary Jindrich

### Team Trivia Smackdown

Friday, November 17th at 11:30am - 12:30pm  
DAY CHANGED for November (not Last Friday)

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.

The Landing- Tech Room

Facilitator: Mary Ellen Marnholtz

Members: FREE | Non-Members:  
YMCA day pass required



### Registration is Required

Visit our Member Service Desk & Sign Up!

### A Considered View- Guided Tour by Leigh Yawkey Woodson Art Museum

Friday, November 17th at 12:30-1:30pm

A visit to a museum or art gallery can sometimes be an overwhelming experience. With so many works on display, seeing everything can be challenging. In fact, studies have found that visitors to museums only spend an average of eight seconds looking at each work on display!

But what happens when we spend five minutes, fifteen minutes, an hour, or an afternoon looking in detail at an artwork? That process is 'slow looking'; an approach based on the idea that if we want to get to know an artwork, we need to spend time with it.

Come and join assistant director and collections curator, Amalia Wojciechowski, for a 45-minute 'slow looking' experience and get to know two new museum acquisitions by American artists John Williamson and James Fairman.

Leigh Yawkey Art Museum

Facilitator: Amalia Wojciechowski

Members: FREE | Non-Members: FREE

Leigh Yawkey  
Woodson  
Art Museum

### What does this Tarot Card Mean?

Saturday, November 18th at 11:00-12:00pm

Occurs on the third Saturday of each month

On the 3rd Saturday of each month, Mona Mahrtyn, a Landing member, who has combined her training in energy healing along with her degrees in Health and Coaching and Registered Hospice Nurse in developing her energetic wellness expertise. She will be highlighting 2 of the 22 “major” tarot cards each month and discussing their meanings.

The major cards represent life's karmic and spiritual lessons. It is important to note there are no “right” or “wrong” meanings of the tarot cards, but there are traditional interpretations of what the tarot cards mean, and that is what we will be discussing: the traditional meanings of these cards.

Join us in this interactive and intriguing class to be held on the 3rd Saturday of each month.

The Landing- Tech Room

Facilitator: Mona Mahrtyn

Members: \$10 | Non-Members: \$25



### Registration is Required

Visit our Member Service Desk & Sign Up!

### Wausau Police Department- Human Trafficking

Monday, November 20th at 9:00-10:00am

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

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

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

The Landing Tech & Art Rooms

Facilitator: Officer Sarah Bedish

Members: FREE | Non-Members:

YMCA day pass required



### Exploring Self-Healing Energies with Bernie

Monday, November 20th at 10:00-11:30am  
Occurs on the third Monday of each month

Bernie Corsten is a Reiki Master Practitioner and will be sharing her knowledge of self-healing modalities.



You will learn how to understand your wisdom from within, through various spiritual practices. Each month we will discuss a different book related to mysticism and open up conversation about the book.

YMCA- Multi-Purpose Room

Facilitator: Bernie Corsten

Members: FREE | Non-Members:  
YMCA day pass required

### Thanksgiving at The Landing

Wednesday, November 22nd at 11:30-12:30pm

Join your Friends and Landing Staff at The Landing for a delicious Thanksgiving Lunch homemade by Haley and Amber, on Wednesday,



Nov 22nd! On the menu, we will feature oven roasted turkey, mashed potato's, stuffing, green beans, cranberries, a sweet potato side and a roll. Don't worry, Pumpkin Pie will be featured for dessert.

**Registration closes on WEDNESDAY, NOVEMBER 15th as space is limited.**

The Landing Kitchen

Facilitator: Amber Pender

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

Registration is Required

Visit our Member Service Desk & Sign Up!

### Getting to Know Classic Films: "Out of the Past" (1947)

Wednesday, November 22nd at 12:30-2:30pm

On November 22nd, Scott will be showing 'Out of the Past' directed by Jacques Tourneur, and starring Robert Mitchum, Jane Greer and Kirk Douglas.



A private eye escapes his past to station in a small town, but his past catches up with him. Now he must return to the big city world of danger, corruption, double crosses, and deceptive women.

Full of atmosphere and heat, "Out of the Past" is a classic film noir, directed by a master, Jacques Tourneur. With a top-notch cast and a deceptively easy pace that contradicts the tension and danger underneath, "Out of the Past" makes for an intriguing, absorbing film.

The Landing- Tech Room

Facilitator: Scott Schutte

Members: FREE | Non-Members:  
YMCA day pass required

The Landing  
will be Closed on  
Thursday,  
November 23rd  
in observance of  
Thanksgiving



### **Ho-Chunk Gaming Casino Trip**

Friday, November 24th at 12:30pm - 5:00pm  
Occurs on the last Friday of each month

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

The Ho-Chunk Gaming shuttle will be picking us up at 12:30 from the Landing, and we will arrive at the casino at approximately 1:15pm. We will be boarded back onto the shuttle from the casino at 4:15pm and will arrive back at the Landing at approximately 5:00pm. Note: The shuttle is not handicap accessible.

The casino offers many different slot options and electronic table games, including: Texas Hold 'Em, Craps, Blackjack and Roulette, all played with virtual dealers / dice throwers.

There are free coffee and soda stations, and the snack bar is open to buy a burger, a sandwich, or just a snack.

You will receive a \$10 Rewards Card as soon as you earn 10 points once you begin playing. REGISTER SOON - SEATS ON THE SHUTTLE ARE LIMITED.

Location: Ho-Chunk Gaming Casino  
Meet at The Landing  
Facilitator: Kathryn Boettcher  
Members: FREE



Registration is Required

Visit our Member Service Desk & Sign Up!

### **Global Health in Latin America: A Visual Journey**

Saturday, November 25th at 10:00-11:30am

Join Anna Brown, a board-certified radiation oncologist who has done multiple global health programs in Honduras and Guatemala. Anna founded the Duke University student organization "Project HEAL: Health Education and Awareness in Latin America" fifteen years ago and it is still successful to this day.

This program will enlighten participants about some of the successes and challenges with founding and running multiple global health programs in developing countries. Participants will be led on a visual journey through the rainforests of Honduras and mountainsides of Guatemala, as we embark on a journey to learn more about this topic.

**Come in Saturday (November 25th) for this program you won't want to miss this** intriguing and educational presentation. Registration is required.

The Landing- Tech Room

Facilitator: Anna Brown

Members: FREE | Non-Members:

YMCA day pass required



Registration is Required

Visit our Member Service Desk & Sign Up!

### New Member Meet and Greet

Monday, November 27th at 11:00-12:00pm

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!

The Landing Tech Room

Facilitator: Mary Jindrich

Members: FREE | Non-Members:

YMCA day pass required

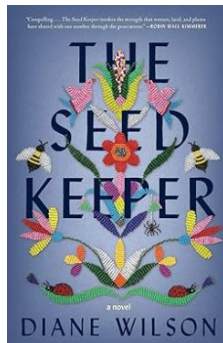


### Book Club

Monday, November 27th at 11:30am-12:30pm

Occurs on the Fourth Monday of each month

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 about the following books for each month:  
Nov 27: Seed Keeper – Diane Wilson  
Dec 18: Lord of the Flies – William Golding

The Landing Art Room

Facilitator: Connie Heidemann

Members: FREE | Non-Members:

YMCA day pass required

### Time Matters: Retirement

### Outlook for Women with Edward Jones

Tuesday, November 28th at 11:00-12:00pm

This educational program shares perspectives on financial concerns facing women who are getting ready for or have recently transitioned to retirement. Careful preparation can help you weather unexpected changes that may come your way towards retirement.

We'll discuss retirement income strategies, including perspectives around Social Security, and the rising costs of health care and long-term care.

Join Paul Dau from Edward Jones for insight and planning for the future.

The Landing- Tech Room

Facilitator: Paul Dau

Members: FREE | Non-Members:

YMCA day pass required

### Social Singles: Hiawatha

Tuesday, November 28th at 4:00-5:30pm

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!

Social Singles starting out with happy hour and dinner to follow if you are interested in staying.

Hiawatha | 713 Grant St. Wausau, WI

Facilitator: Mary Jindrich

Members: FREE | Non-Members: FREE

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

### Rennes Group: Winter Walking Tips

Wednesday, November 29th at 10:00-11:00am

Walking is a great way to get out and explore your community while improving balance, strength and posture. Walking outside during the winter can create unique challenges. Winter weather creates slippery conditions which make falls more likely to happen. Don't let your fear of falling get in the way of winter outdoor activities.

Rennes Group will be holding "Winter Walking Tips" informational clinic. Staff members will share information and tips to keep safe during Wisconsin's Winter months.

Join us for winter walking tips to keep you walking in the great outdoors, while keeping safety awareness a priority.

The Landing- TechRoom

Facilitator: Rennes Group

Members: FREE | Non-Members:

YMCA day pass required

### Bingo at The Landing

Thursday, November 30th at 1:00-2:30pm  
CHANGED from the 4th Thursday for this month

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!

The Landing- Tech/Art Room

Facilitator: Mary Jindrich

Members: \$3 | Non-Members: \$18

The word "BINGO" is written in large, colorful, block letters. Each letter is filled with a different pattern of small, multi-colored dots.

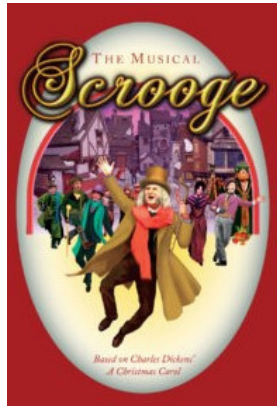
## Scrooge the Musical and Lunch at The Fireside Theatre

Thursday, December 7th, 2023- Bus departs from The Landing at 7:30am

### Registration Deadline is November 7th

Hop aboard a comfortable Lamer's motor coach with your friends as we head to the historic Fireside Theater for a delicious lunch and a fabulous performance of Scrooge The Musical!

Join us for this merry, sparkling, tuneful, boisterous Broadway musical version of the world's most beloved Christmas story  
-Dickens' A CHRISTMAS CAROL.



Based on the popular musical movie starring Albert Finney, SCROOGE THE MUSICAL tells this time honored tale of redemption and love as only The Fireside can – with a beautiful and rousing musical score (including the well-known “Thank You Very Much”, breathtaking dancing, beautiful period costumes, uproarious comedy, and heart-warming drama. If you have to choose only one Christmas show this season you must come see SCROOGE THE MUSICAL at The Fireside.

### **Superb Lunch Dining is Included!**

Meet at The Landing for Departure  
Facilitator: Amber Pender  
Members: \$180 | Non-Members: \$205

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

## Moving for Better Balance

Tuesdays & Thursdays beginning January 9th

Moving for Better Balance® is a research-based balance training program designed for older adults at risk of falling and people with balance disorders. The program protocol consists of a core eight-form routine and a subroutine of eight integrated therapeutic movements forms that have been derived from the traditional 24-form Yang-style of Tai Chi, progressing from easy to more difficult which collectively involve a set of simple, rhythmic Tai Chi-based actions.



This program will:

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

Participants who have a history of falls, balance disorders, difficulty walking, leg muscle weakness, and occasional cane use should give this well researched program a chance. It boasts a 55% improvement in balance which is higher than any other program.

**Registration closes Monday, January 9th**

The YMCA Group Exercise Studio  
Facilitator: Colleen Peters  
Members: \$60 | Non-Members: \$75

## Registration is Required

Visit our Member Service Desk & Sign Up!

### Movie Mondays

The Landing Tech Room

Mondays 12:45-3:30pm FREE

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!

**November 6: "Live to be 100";** A 4-Part Series. Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives. We will watch all 4 parts, it will take approximately 2.5 hours to watch all 4 episodes in this series.

**November 13: "A Man Called Otto".** Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

**November 20: "Eat, Pray, Love".** A married woman realizes how unhappy her marriage really is, and that her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey to 'find herself'.

**November 27: "Field of Dreams".** Iowa farmer Ray Kinsella is inspired by a voice he can't ignore to pursue a dream he can hardly believe. Supported by his wife, Ray begins the quest by turning his ordinary cornfield into a place where dreams can come true.

### Kings in the Corner

The Landing Game Room FREE

Mondays & Thursdays 11:00-12:30pm

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

The Landing Dining Room FREE

Mondays & Fridays 1:00-3:00pm

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

The Landing Game Room

Mondays 1:00-3:00pm No Openings

No openings for new players

# The Landing

## Reoccurring Weekly Programs

### Euchre

The Landing Game Room

Tuesdays 10:00 - 12:00pm FREE

Come with a partner or on your own and join us for a rousing round or two of Euchre! You must already know the rules of play; no one will be instructing.

### Tuesday Crafters

The Landing Art Room

Tuesdays 12:00-2:00pm FREE

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

The Landing Dining Room

Tuesdays 12:30-3:30pm FREE

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

The Landing Game Room

Tuesdays & Fridays 12:30-3:00pm FREE

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 Party Bridge

The Landing Art Room

Wednesdays 9:00-11:30am FREE

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

Leader: Jean Burgener

### Cribbage

The Landing Game Room

Wednesdays 1:00-3:00pm FREE

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

### Laughter Club

The Landing Art Room

Thursdays 10:00-11:00 am FREE

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

### Sheepshead

The Landing Dining Room

Fridays 1:00-3:00pm FREE

All levels of players are welcome, even beginners

Registration is Required only for Virtual Classes  
Visit our Member Service Desk & Sign Up!

### Tai Chi Beginning/Continuing

Wausau Branch: Program Gym

Continuing: Mondays 11:15-12:00pm

Beginning: Mondays 12:15-1:00pm

Instructor: Colleen Peters

#### Registration is closed.

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



### Zumba Gold

Wausau Branch + Virtual: Program Gym

Mondays 9:00-9:45am

Fridays 11:15-12:00pm

Instructor: Pam Murphy

Zumba Gold is a modified Zumba class for active older adults that recreated the original moves you love, at a lower-intensity. How it works: the design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

### SilverSneakers Circuit

Wausau Branch + Virtual: Program Gym

Mondays 10:00-10:45am

Instructor: Robin Nelson

The Silversneakers Circuit workout offers standing, low-impact choreography alternated with standing upper body strength work with hand-held weights, elastic tubing or ball. Suitable for nearly every fitness level. Chairs are available for support.

### Low Impact Stretch & Strength

Aspirus Branch- Studio B

Mondays, Wednesday & Fridays 10:00-11:00am

Instructor: Cindy Marquis

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

Registration is Required only for Virtual Classes  
Visit our Member Service Desk & Sign Up!

### Urban Line Dance

Wausau Branch- Group Ex. Studio  
Tuesdays Starting Sept. 12th 1:00-2:00pm

Instructor: Randy & Marilyn

We'll line dance our way to music from rock and roll, show tunes, Celtic music and everything in between! Our line dances incorporate steps from different ballroom dance styles. This is great practice if you are taking our ballroom classes or fun if you prefer to dance without a partner.

### SilverSneakers Splash

Wausau Branch - North Pool  
Tuesdays 9:00-9:45am

Instructor: Karen Singsheim

A fun, shallow-water exercise class that uses a signature splash-board and hand weights to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

### 55+ Strong

Wausau Branch + Virtual : Program Gym  
Tuesdays 10:15-11:00am

Instructor: Lori Haight

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

### Asahi

Wausau Branch: Program Gym  
Tuesdays 11:15-12:00pm

Instructor: Sharon Berlter

Health practice from Finland, blends movement, breath and awareness in a comprehensive way to promote health, functionality and general well-being. Preventative and restorative, ASAHI's research supported practices improve muscle strength and tone, nerve and metabolic activity, balance and state of mind to improve health, mitigate falls, illness and injury to maintain independent living.

### SilverSneakers Classic

Aspirus Branch- Studio B  
Mondays, Wednesday & Fridays 11:15-12:15pm

Instructor: Cindy Marquis

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support, and class can be modified depending on fitness levels.





Registration is Required only for Virtual Classes  
Visit our Member Service Desk & Sign Up!

### SilverSneakers Yoga

Wausau Branch + Virtual: Group Ex. Studio  
Wednesdays 9:00-9:45am  
Thursdays 11:00-11:45am

**Instructor: Pam Henkel & Lee Koch**

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

### Gentle Cycle

Wausau Branch: Cycling Studio  
Wednesdays 10:00-10:30am

**Instructor: Pam Henkel & Lee Koch**

This class is a great way to get introduced to cycling as a fun form of lifelong exercise. You will use the resistance settings on the bike as well as speed to modify the ride to suit your specific comfort level.

### Flexibility, Balance and Breath

Wausau Branch + Virtual: Group Ex. Studio  
Wednesdays 10:45-11:30am

**Instructor: Pam Henkel**

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

### Butts and Guts

Wausau Branch + Virtual: Group Ex. Studio  
Thursdays 9:00-9:45am

**Instructor: Fred Tealey**

This 45-minute workout utilizes a stability ball, mat, weights and a small resistance band. It is low impact, but works your glutes with bridges and squats, and your abs with the stability ball.

### SilverSneakers Enerchi

Wausau Branch + Virtual: Group Ex. Studio  
Thursdays 10:00-10:45am

**Instructor: Lee Koch**

This Class provides exercise for the body and concentration for the mind. The gentle movements of Tai Chi will help relieve your stress, improve balance, flexibility and flow through everyday life. Easy to learn!

### Full Body Fitness

Wausau Branch + Virtual: Program Gym  
Fridays 10:15-11:15am

**Instructor: Fred Tealey**

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