

The Landing

APRIL 2021

Reopening Plan

The staff at The Landing would like to THANK YOU for all of your flexibility and understanding as we have worked hard to navigate the effects of the pandemic together. We appreciate your willingness to continue to engage with us as we have battled through technology issues, pivoted to virtual options and cooked our way through the past months. The light at the end of the tunnel is getting closer, and we look forward to getting back to whatever version of “normal” is available to us on the other side of this pandemic.

We are incredibly excited to announce that beginning April 5th, 2021 we will begin the process of reopening The Landing on a limited basis for a few programs a week. Our top priority is the health and safety of our members and staff, so this will be a slow rollout with new protocols and procedures in place.

Please read more about our plans for your safety here:

<https://www.thelandingwausau.com/reopening-plan>

Please notice some mid-month additions and changes to our group exercise programming.

- The Monday SilverSneakers Circuit and Thursday SilverSneakers Classic will be offered as an in-person option at the Wausau Branch.
- We have added a Pickleball Cardio class on Wednesdays starting April 14 at 10am at the Wausau Branch (see description below!)
- Additionally, the following group exercise classes at the Wausau Branch will be moving to the Program Gym after April 12th to allow for increased levels of participation. In-person class sizes will be increased to 24:
 - Monday - SilverSneakers Circuit
 - Tuesday - 55+ Strong
 - Wednesday - Pickleball Cardio
 - Thursday - SilverSneakers Classic & SilverSneakers Enerchi
- On Wednesday mornings, SilverSneakers Yoga at the Wausau Branch and Flexibility, Balance and Breath at the Wausau Branch will be moved to the Group Exercise Studio. In-person class size will increase to 18.



April

AT THE LANDING

Please note: all virtual programs are available to non-members for \$5 per session.

Thursday, April 1

9:15 am - 10:00 am
SilverSneakers Classic (Virtual)
Robin

SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair may be used for seated exercises or support.

10:15 am - 11:15 am
SilverSneakers EnerChi (Wausau Branch and Virtual)
Lee

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!

1:00 pm - 2:00 pm
Mausoleum Entombment (Virtual)
Gary, Restlawn Memorial Park

Why is mausoleum entombment preferred? Above ground options for traditional and cremation arrangements.

Friday, April 2

9:00 am - 10:00 am
Coffee Talks (Virtual)
The Landing

Join us for a lively discussion of hot topics to catch up with old friends and make new ones.

10:00am - 11:00am
Gentle Stretch and Strength (Aspirus Branch)
Cindy
A class incorporating strength along with balance and flexibility exercises. Second half of each class includes movements to the floor.

10:30 am - 12:00 pm
Soup to Go
Pickup at The Landing

Campfire ham and bean soup with wheat bread. *Fee: \$10*

Monday, April 5

9:00am - 11:00am
1:1 Tech Support with Pat
Pat

Sign up for a 30 minute 1:1 session with Pat to have your IT questions answered. Bring you phone, tablet, or laptop to the session. Need more time? Sign up for two sessions!

9:00am - 9:45am
SilverSneakers Yoga (Aspirus Branch)
Nancy R.

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform postures.

10:00am - 11:00am
Gentle Stretch and Strength (Aspirus Branch)
Cindy

10:00 am - 11:00 am
SilverSneakers Circuit (Virtual and Aspirus Branch Livestream)
Robin

The Silver Sneakers Circuit workout offers standing, low-impact moves alternated with standing upper body strength work with hand-held weights, elastic tubing or ball. Chair available for support. (Livestream in Studio A at the Aspirus Branch for the group exercise feel with a virtual instructor!)

Tuesday, April 6

10:15 am - 11:00 am
55+ Strong (Wausau Branch and Virtual)
Lori

The 55+ Strong class offers light

WHAT'S HAPPENING AT THE LANDING

strengthening exercises combining bodyweight exercises and/or other objects for additional resistance.

12:00 pm - 2:00 pm
Knitting and Crafts Group (The Landing)
Mary

Bring your knitting or crocheting project or a fun idea for a craft to this group that will meet every other week. Whether you are a beginner or an expert, we are sure you'll learn something new and have a lot of fun! In-person space is limited, so sign up today!

6:00 pm - 7:00 pm
Vibrational Sound Therapy (Wausau Branch)
Barb

A vibrational sound therapy bath promotes deep restorative relaxation that allows for stress relief and emotional well-being. Himalayan singing bowls, crystal bowls, and chimes can be a pathway to a meditative state that is both therapeutic and enjoyable as it releases tension.

Wednesday, April 7

9:00 am - 9:45am
SilverSneakers Yoga (Aspirus Branch)
Nancy R.

9:15 am - 10:00 am
SilverSneakers Yoga (Wausau Branch and Virtual)
Pam

Move your whole body through a complete series of seated and standing yoga poses. Chair

support is offered to safely perform postures.

10:00 am - 11:00 am
Gentle Stretch & Strength (Aspirus Branch)
Cindy

A class incorporating strength along with balance, flexibility exercises. This class does include floor/mat work.

10:30 am - 11:30 am
Flexibility, Balance and Breath (Wausau Branch and Virtual)
Pam

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

11:15 am - 12:15 pm
Chair Stretch & Strength (Aspirus)
Cindy

A class incorporating strength along with balance, flexibility exercises. This class does NOT go to the floor; rather, it utilizes a chair.

11:30 am - 12:00 pm
Lunch to Go
Pickup at The Landing

Tortellini Pasta Salad - Cheese tortellini, mozzarella, chopped tomato, onion and green pepper, parmesan and Italian dressing. Bread pudding dessert. *Fee: \$7*

1:00 pm - 3:00 pm
Charcoal Portraiture (The Landing)
David Hummer

This workshop focuses on using charcoal on paper to create a classic portrait working from a photograph. Learning proportion, shading, light & reflective light and understanding shape and form. *Fee: \$180 for 4-week series*

4:00 pm - 5:00 pm
Intro to Vibrational Sound Therapy (The Landing and Virtual)
Barb

Ever wanted to know more about the Vibrational Sound Therapy group classes and one on one sessions offered at The Landing? Now is your chance! Join Barb Klinner, certified vibrational sound therapist, for an introduction to the benefits of this practice. In-person space is limited, so sign up today!

Thursday, April 8

9:00 am - 10:00 am
Housing Task Force (The Landing and Virtual)
Officer Lemirand

Want to learn more about what Wausau is doing to help our homeless population? Learn more by attending this session in-person or via Zoom! Come with questions for Wausau's very first Homelessness Task Force Officer.

WHAT'S HAPPENING AT THE LANDING

9:15 am - 10:00 am

SilverSneakers Classic (Virtual)

Robin

SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair may be used for seated exercises or support.

10:15 am - 11:15 am

SilverSneakers EnerChi (Wausau Branch and Virtual)

Lee

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!

11:00 am - 12:00 pm

Bible Study (The Landing and Virtual)

Rev. Chris Johnson, Zion Lutheran

Just as the death of Winter gives way to the new life of Spring, so too in many Churches do we move from focusing on the death of Jesus Christ in Lent and Holy Week to his resurrected life the season of Easter. For three weeks in April we will be focusing on three ways the Bible has looked at death and resurrection: The death and resurrection of Israel, the death and resurrection of Jesus Christ, and the death and resurrection of humanity. Our key texts will be Ezekiel 36, Mark 15-16, and 1 Corinthians 15.

Friday, April 9

9:00 am - 10:00 am

Coffee Talks (Virtual)

The Landing

Join us for a lively discussion of hot topics to catch up with old friends and make new ones.

10:00am - 11:00am

Gentle Stretch and Strength (Aspirus Branch)

Cindy

10:00 am - 11:00 am

Laughter Club (The Landing)

Bernie

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

10:30 am - 12:00 pm

Soup to Go

Pickup at The Landing

Roasted red pepper soup with cheddar bay biscuits. *Fee: \$10*

Monday, April 12

9:00am - 11:00am

1:1 Tech Support with Pat

Pat

9:00am - 9:45am

SilverSneakers Yoga (Aspirus Branch)

Nancy R.

10:00am - 11:00am

Gentle Stretch and Strength (Aspirus Branch)

Cindy

10:00 am - 11:00 am

SilverSneakers Circuit (Virtual, Wausau Branch and Aspirus Branch Livestream)

Robin

Tuesday, April 13

9:00 am - 10:00 am

Honoring Choices Presentation (The Landing and Virtual)

Heidi, Aspirus

Advance Care Planning (ACP) is a process which helps you think about, talk about, and write down your choices for future health care decisions. While it's not an easy topic to consider, it is important for every adult to have a Health Care Directive - a written plan for loved ones and health care providers to follow - so that your wishes are known if a time comes when you cannot speak for yourself.

10:15 am - 11:00 am

55+ Strong (Wausau Branch and Virtual)

Lori

WHAT'S HAPPENING AT THE LANDING

10:30 am - 12:00 pm

Exploring Spirituality with Debby
(The Landing and Virtual)

Debby Krenz

Mini Spring Retreat! This month's class will feature meditations focused on letting go and healing. The benefits of journaling will be discussed to promote refreshment and rejuvenation. There will also be a reflection on the past year, particularly with COVID.

6:00 pm - 7:00 pm

Vibrational Sound Therapy
(Wausau Branch)

Barb

Wednesday, April 14

9:00 am - 10:00 am

Coffee with the Mayor (The Landing and Virtual)

Katie Rosenberg, Wausau Mayor

Join us for an update on what's happening in Wausau and have an opportunity for your questions to be answered. Mayor Katie Rosenberg will join us at The Landing and via Zoom. Space is limited to 8 - reserve your spot today!

9:00 am - 9:45am

SilverSneakers Yoga
(Aspirus Branch)

Nancy R.

9:15 am - 10:00 am

SilverSneakers Yoga
(Wausau Branch and Virtual)

Pam

10:00 am - 11:00 am

Cardio Pickleball
(Wausau Branch)

Andrea

Join us for a class to improve your cardiovascular fitness through pickleball drills! Intermediate to advanced fitness level and pickleball skills are required for this class.

10:00 am - 11:00 am

Gentle Stretch & Strength
(Aspirus Branch)

Cindy

10:30 am - 11:30 am

Flexibility, Balance and Breath
(Wausau Branch and Virtual)

Pam

11:15 am - 12:15 pm

Chair Stretch & Strength
(Aspirus)

Cindy

11:30 am - 12:00 pm

Lunch to Go

Pickup at The Landing

Summer BBQ - pulled pork, corn bread, mac 'n cheese, buttered peas with onions, two types of BBQ sauce. Pecan pie for dessert.
Fee: \$12

1:00 pm - 3:00 pm

Charcoal Portraiture (The Landing)

David Hummer

Thursday, April 15

9:15 am - 10:00 am

SilverSneakers Classic (Wausau Branch and Virtual)

Robin

10:15 am - 11:15 am

SilverSneakers EnerChi (Wausau Branch and Virtual)

Lee

11:00 am - 12:00 pm

Bible Study (The Landing and Virtual)

Rev. Chris Johnson, Zion Lutheran

Friday, April 16

9:00 am - 10:00 am

Coffee Talks (Virtual)

The Landing

10:00 am - 11:00 am

Gentle Stretch & Strength
(Aspirus Branch)

Cindy

10:30 am - 12:00 pm

Soup to Go

Pickup at The Landing

Lentil and spinach soup with Italian sausage. Garlic herb bread.
Fee: \$10

Monday, April 19

9:00am - 11:00am

1:1 Tech Support with Pat

Pat

9:00am - 9:45am

SilverSneakers Yoga
(Aspirus Branch)

Nancy R.

10:00am - 11:00am

Gentle Stretch and Strength
(Aspirus Branch)

Cindy

WHAT'S HAPPENING AT THE LANDING

10:00 am - 11:00 am

SilverSneakers Circuit (Virtual,
Wausau Branch and Aspirus
Branch Livestream)

Robin

Tuesday, April 20

10:00am - 12:00pm

Walk on the Wild Side

Bill, Ironbull

A walk along the Riverlife Trail exploring the history of the riverfront. Meet in The Landing. Stops on Clark Island, WPS Dam, Barker-Stewart Island. Plan for a 2 mile walk, with option to go longer if desired!

10:00 am - 12:00 pm

Honoring Choices 1:1
Appointments (The Landing or
Virtual)

Heidi, Aspirus

Sign up for a 30 minute
appointment with Heidi to begin
work on your Advance Care Plan!

10:15 am - 11:00 am

55+ Strong
(Wausau Branch and Virtual)

Lori

12:00 pm - 2:00 pm

Knitting and Crafts Group (The
Landing)

Mary

6:00 pm - 7:00 pm

Vibrational Sound Therapy
(Wausau Branch)

Barb

Wednesday, April 21

9:00 am - 9:45am

SilverSneakers Yoga
(Aspirus Branch)

Nancy R.

9:15 am - 10:00 am

SilverSneakers Yoga
(Wausau Branch and Virtual)

Pam

10:00 am - 11:00 am

Cardio Pickleball
(Wausau Branch)

Andrea

10:00 am - 11:00 am

Gentle Stretch & Strength
(Aspirus Branch)

Cindy

10:30 am - 11:30 am

Flexibility, Balance and Breath
(Wausau Branch and Virtual)

Pam

11:15 am - 12:15 pm

Chair Stretch & Strength
(Aspirus)

Cindy

11:30 am - 12:00 pm

Lunch to Go

Pickup at The Landing

Picnic Lunch - Brat, potato salad,
baked beans. Ketchup, mustard
and pickle relish upon request.
Apple pie dessert. Fee: \$7

1:00 pm - 3:00 pm

Charcoal Portraiture (The
Landing)

David Hummer

Thursday, April 22

9:00 am - 10:00 am

Woody Plants (The Landing and
Virtual)

Janell, UW-Extension

Learn more from Janell,
horticulturist with the UW
Extension, about woody plants
and how to care for them as
you incorporate them into your
landscape.

9:15 am - 10:00 am

SilverSneakers Classic (Wausau
Branch and Virtual)

Robin

10:15 am - 11:15 am

SilverSneakers EnerChi (Wausau
Branch and Virtual)

Lee

11:00 am - 12:00 pm

Bible Study (The Landing and
Virtual)

Rev. Chris Johnson, Zion Lutheran

Friday, April 23

9:00 am - 10:00 am

Coffee Talks (Virtual)

The Landing

10:00am - 11:00am

Gentle Stretch and Strength
(Aspirus Branch)

Cindy

10:00 am - 11:00 am

Laughter Club (The Landing)

Bernie

WHAT'S HAPPENING AT THE LANDING

10:30 am - 12:00 pm

Soup to Go

Pickup at The Landing

Taco soup with corn bread. *Fee: \$10*

Monday, April 26

9:00am - 11:00am

1:1 Tech Support with Pat

Pat

9:00am - 9:45am

**SilverSneakers Yoga
(Aspirus Branch)**

Nancy R.

10:00am - 11:00am

**Gentle Stretch and Strength
(Aspirus Branch)**

Cindy

10:00 am - 11:00 am

**SilverSneakers Circuit (Virtual,
Wausau Branch and Aspirus
Branch Livestream)**

Robin

Tuesday, April 27

8:00 am - 4:00 pm

Blood Drive (The Landing)

American Red Cross

Sign up with the Red Cross to
make a donation appointment.

10:15 am - 11:00 am

**55+ Strong
(Wausau Branch and Virtual)**

Lori

6:00 pm - 7:00 pm

**Vibrational Sound Therapy
(Wausau Branch)**

Barb

Wednesday, April 28

9:00 am - 9:45am

**SilverSneakers Yoga
(Aspirus Branch)**

Nancy R.

9:15 am - 10:00 am

**SilverSneakers Yoga
(Wausau Branch and Virtual)**

Pam

10:00 am - 11:00 am

**Cardio Pickleball
(Wausau Branch)**

Andrea

10:00 am - 11:00 am

**Gentle Stretch & Strength
(Aspirus Branch)**

Cindy

10:30 am - 11:30 am

**Flexibility, Balance and Breath
(Wausau Branch and Virtual)**

Pam

11:00 am - 12:00 pm

**Literacy at The Landing (The
Landing and Virtual)**

Connie Heidemann, McLit

Join fellow readers for a monthly
discussion of a new book. No! I
Don't Want to Join a Book Club
by Virginia Ironside.

11:15 am - 12:15 pm

**Chair Stretch & Strength
(Aspirus)**

Cindy

11:30 am - 12:00 pm

Lunch to Go

Pickup at The Landing

Chop salad - Chopped romaine,
spring greens, diced tomato, diced
onion, bacon, chicken, bowtie
pasta, maple mustard vinaigrette
and bleu cheese. Homemade
brownie bar for dessert. *Fee: \$10*

1:00 pm - 3:00 pm

**Charcoal Portraiture (The
Landing)**

David Hummer

Thursday, April 29

9:15 am - 10:00 am

**SilverSneakers Classic (Wausau
Branch and Virtual)**

Robin

10:00 am - 3:00 pm

CPR Class (The Landing)

Chelsea, Woodson YMCA

Learn lifesaving skills to help you
feel confident while caring for
grandchildren or other family
members. *Fee: \$45, includes Ham
and Swiss on Rye or Turkey and
Provolone on Baguette. Comes
with chips, pickle, homemade
cookie, and beverage.*

10:15 am - 11:15 am

**SilverSneakers EnerChi (Wausau
Branch and Virtual)**

Lee

Friday, April 30

9:00 am - 10:00 am

Coffee Talks (Virtual)

The Landing

WHAT’S HAPPENING AT THE LANDING

10:00 am - 11:00 am
Gentle Stretch & Strength
(Aspirus Branch)

10:30 am - 12:00 pm
Soup to Go
Pickup at The Landing

Spring vegetable and kielbasa soup
with fluffy white bread. *Fee: \$10*

By Appointment

1:1 Vibrational Sound Therapy
(Wausau Branch)
Barb

During a bowl massage, the sound
bowls are placed on the body and
chimed to create specific sounds
and vibrations. During a sound
bath you will simply lie down and
allow the sound to wash over you
without the bowls being placed on
your body.

Fee:
30 min. Bowl Massage - \$40
60 min. Bowl Massage - \$70
30 min. Sound Bath - \$25
60 min. Sound Bath - \$40

Call for available appointment
times.

11:00 am - 1:00 pm
Monday - Thursday
1:1 Ukulele, Guitar or Piano
Lessons (Virtual)
Bruce Clark

Any level welcome! If you are
a beginner, we do have ukulele
and guitar books available for
purchase from The Landing
for \$8. *Fee: \$30 per 30 minute
session for members, \$35 for non-
members.*

Please note: all virtual programs
are available to non-members
for \$5 per session.

April

At-a-Glance

Thursday, April 1

9:15 am - 10:00 am

SilverSneakers Classic- Virtual

10:15 am - 11:15 am

SilverSneakers Enerchi - Wausau Branch and Virtual

1:00 pm - 2:00 pm

Mausoleum Entombment- Virtual

Friday, April 2

9:00 am - 10:00 am

Coffee Talks - Virtual

10:00 am - 11:00 am

Gentle Stretch and Strength - Aspirus Branch

10:30 am - 12:00 pm

Soup to Go - Campfire Ham and Bean Soup with Wheat Bread.

Monday, April 5

9:00 am-11:00 am

1:1 Tech Support - The Landing

9:00 am-9:45 am

SilverSneakers Yoga - Aspirus Branch

10:00 am-11:00 am

Gentle Stretch and Strength - Aspirus Branch

10:00 am-10:45 am

Silver Sneakers Circuit - Virtual and Aspirus Branch

Tuesday, April 6

10:15 am - 11:00 am

55+ Strong - Wausau Branch and Virtual

12:00 pm - 2:00pm

Knitting and Crafts Group - The Landing

6:00 pm - 7:00 pm

Vibrational Sound Therapy Group Class - Wausau Branch

Wednesday, April 7

9:00 am - 9:45 am

SilverSneakers Yoga - Aspirus Branch

9:15 am - 10:15 am

SilverSneakers Yoga - Wausau Branch and Virtual

10:00 am - 11:00 am

Gentle Stretch and Strength - Aspirus Branch

10:30am - 11:30am

Flexibility, Balance and Breath - Wausau Branch and Virtual

11:15 am - 12:15 pm

Chair Stretch and Strength - Aspirus Branch

11:30 am - 12:00 pm

Lunch To Go - Tortellini Pasta Salad

1:00 pm - 3:00 pm

Charcoal Portraiture - The Landing

4:00 pm - 5:00 pm

Intro to Vibrational Sound Therapy - The Landing

Thursday, April 8

9:00 am - 10:00 am

Housing Task Force - The Landing

9:15 am - 10:00 am

SilverSneakers Classic- Virtual

10:15 am - 11:15 am

SilverSneakers Enerchi - Wausau Branch and Virtual

11:00 am - 12:00 pm

Bible Study - The Landing

Friday, April 9

9:00 am - 10:00 am

Coffee Talks -Virtual

10:00 am - 11:00 am

Gentle Stretch and Strength - Aspirus Branch

10:00 am - 11:00 am

Laughter Club - The Landing

10:30 am - 12:00 pm

Soup to Go - Roasted Red Pepper Soup with Cheddar Bay Biscuits

Monday, April 12

9:00 am-11:00 am

1:1 Tech Support - The Landing

9:00 am-9:45 am

SilverSneakers Yoga - Aspirus Branch

WHAT'S HAPPENING AT THE LANDING

10:00 am-11:00 am
Gentle Stretch and Strength -
Aspirus Branch

10:00 am-10:45 am
Silver Sneakers Circuit - Virtual,
Wausau Branch and Aspirus
Branch

Tuesday, April 13

9:00 am - 10:00 am
Honoring Choices Presentation -
The Landing and Virtual

10:15 am - 11:00 am
55+ Strong - Wausau Branch and
Virtual

10:30 am - 11:30 am
Exploring Spirituality - The
Landing and Virtual

6:00 pm - 7:00 pm
Vibrational Sound Therapy Group
Class - Wausau Branch

Wednesday, April 14

9:00 am - 10:00 am
Coffee with The Mayor
The Landing and Virtual

9:00 am - 9:45 am
SilverSneakers Yoga -
Aspirus Branch

9:15 am - 10:15 am
SilverSneakers Yoga - Wausau
Branch and Virtual

10:00 am - 11:00 am
Gentle Stretch and Strength -
Aspirus Branch

10:00 am - 11:00 am
Cardio Pickleball - Wausau
Branch

10:30 am - 11:30 am
Flexibility, Balance and Breath -
Wausau Branch and Virtual

11:15 am - 12:15 pm
Chair Stretch and Strength -
Aspirus Branch

11:30 am - 12:00 pm - Lunch To
Go - Summer BBQ

1:00 pm - 3:00 pm
Charcoal Portraiture

Thursday, April 15

9:15 am - 10:00 am
SilverSneakers Classic- Wausau
Branch and Virtual

10:15 am - 11:15 am
SilverSneakers Enerchi - Wausau
Branch and Virtual

11:00 am - 12:00 pm
Bible Study - The Landing

Friday, April 16

9:00 am - 10:00 am
Coffee Talks - Virtual

10:00 am - 11:00 am
Gentle Stretch and Strength -
Aspirus Branch

10:30 am - 12:00 pm
Soup to Go - Lentil, Spinach and
Italian Sausage Soup with Wheat
Bread

Monday, April 19

9:00 am-11:00 am
1:1 Tech Support - The Landing

9:00 am-9:45 am
SilverSneakers Yoga - Aspirus
Branch

10:00 am-11:00 am
Gentle Stretch and Strength -
Aspirus Branch

10:00 am-10:45 am
Silver Sneakers Circuit - Virtual,
Wausau and Aspirus Branch

Tuesday, April 20

10:00 am - 12:00 pm
Honoring Choices 1:1
Appointments

10:00 am - 12:00 pm
Walk on the Wild Side - Riverlife
Trail

10:15 am - 11:00 am
55+ Strong - Wausau Branch and
Virtual

12:00 pm - 2:00 pm
Knitting and Crafts Group

6:00 pm - 7:00 pm
Vibrational Sound Therapy Group
Class - Wausau Branch

Wednesday, April 21

9:00 am - 9:45 am
SilverSneakers Yoga - Aspirus
Branch

9:15 am - 10:15 am
SilverSneakers Yoga - Wausau
Branch and Virtual

10:00 am - 11:00 am
Gentle Stretch and Strength -
Aspirus Branch

10:00 am - 11:00 am
Cardio Pickleball - Wausau
Branch

WHAT'S HAPPENING AT THE LANDING

10:30 am - 11:30 am
Flexibility, Balance and Breath -
Wausau Branch and Virtual

11:15 am - 12:15 pm
Chair Stretch and Strength -
Aspirus Branch

11:30 am - 12:00 pm - Lunch To
Go - Picnic Lunch

1:00 pm - 3:00 pm
Charcoal Portraiture - The
Landing

Thursday, April 22

9:00 am - 10:00 am
Woody Plants - The Landing

9:15 am - 10:00 am
SilverSneakers Classic- Wausau
Branch and Virtual

10:15 am - 11:15 am
SilverSneakers Enerchi - Wausau
Branch and Virtual

11:00 am - 12:00 pm
Bible Study - The Landing

Friday, April 23

9:00 am - 10:00 am
Coffee Talks - Virtual

10:00 am - 11:00 am
Gentle Stretch and Strength -
Aspirus Branch

10:00 am - 11:00 am
Laughter Club - The Landing

10:30 am - 12:00 pm
Soup to Go - Taco Soup with Corn
Bread

Monday, April 26

9:00 am-11:00 am
1:1 Tech Support - The Landing

9:00 am-9:45 am
SilverSneakers Yoga - Aspirus
Branch

10:00 am-11:00 am
Gentle Stretch and Strength -
Aspirus Branch

10:00 am-10:45 am
Silver Sneakers Circuit - Virtual,
Wausau Branch and Aspirus
Branch

Tuesday, April 27

8:00 am - 4:00 pm
Blood Drive - The Landing

10:15 am - 11:00 am
55+ Strong - Wausau Branch and
Virtual

6:00 pm - 7:00 pm
Vibrational Sound Therapy Group
Class - Wausau Branch

Wednesday, April 28

9:00 am - 9:45 am
SilverSneakers Yoga - Aspirus
Branch

9:15 am - 10:15 am
SilverSneakers Yoga - Wausau
Branch and Virtual

10:00 am - 11:00 am
Gentle Stretch and Strength -
Aspirus Branch

10:00 am - 11:00 am
Cardio Pickleball- Wausau
Branch

10:30 am - 11:30 am
Flexibility, Balance and Breath -
Wausau Branch and Virtual

11:00 am - 12:00 pm
Literacy at The Landing - The
Landing

11:15 am - 12:15 pm
Chair Stretch and Strength -
Aspirus Branch

11:30 am - 12:00 pm
Lunch To Go - Chop Salad

1:00 pm - 3:00 pm
Charcoal Portraiture

Thursday, April 29

9:15 am - 10:00 am
SilverSneakers Classic- Wausau
Branch and Virtual

10:15 am - 11:15 am
SilverSneakers Enerchi - Wausau
Branch and Virtual

Friday, April 30

9:00 am - 10:00 am
Coffee Talks - Virtual

10:00 am - 11:00 am
Gentle Stretch and Strength -
Aspirus Branch

10:30 am - 12:00 pm
Soup to Go - Spring Vegetable and
Kielbasa Soup with Fluffy White
Bread