

WHAT'S HAPPENING AT THE LANDING

The Landing

JULY 2021 - FULL CALENDAR

The Landing is OPEN once again! Our hours are 8:00 am to 4:30 pm from Monday to Friday.

Registration is required for most programs - you can sign up for any and all offerings by calling 715-841-1855, emailing memberservices@thelandingwausau.com, or stopping in at the front desk of both the Wausau Branch and Aspirus Branch.

All virtual programs are available to non-members for \$5 per session.

For repeating programs, you will find detailed descriptions at the first instance of their occurrence in the monthly calendar. Subsequent occurrences will have just the time, program name and location listed.

Thursday, July 1

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. Laughter Club participants will feel the health benefits from the very first session.

10:45 am - 11:30 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.

1:00 pm - 2:00 pm

Intro to Restlawn
(The Landing and Virtual)
Gary, Restlawn Memorial Park

Gary will share about the history of Restlawn memorial park and give an overview of what is offered to families.

1:30 pm - 2:30 pm

Trishaw Rides
(The Landing)

3:00 pm - 4:00 pm

Trishaw Rides
(The Landing)

Friday, July 2

10:00am - 11:00am

Gentle Stretch and Strength
(Aspirus Branch)

Cindy

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

1:00 pm - 3:00 pm

Mahjong (The Landing)

We are setting aside space for mahjong play every Friday in June – sign up for a spot. Groups will be mixed with 3 or 4 players depending on how many attend.

Monday, July 5

The Landing will be closed in observance of the 4th of July holiday.

10:00am - 11:00am

Gentle Stretch and Strength
(Aspirus Branch)

Cindy-CANCELLED

11:15 am - 12:15 pm

SilverSneakers Classic
(Aspirus Branch)

Cindy

(Formerly Chair Stretch & Strength). A class incorporating strength along with balance, flexibility exercises. This class does NOT go to the floor; rather, it utilizes a chair. CANCELLED

WHAT'S HAPPENING AT THE LANDING

Tuesday, July 6

9:00am - 10:00am

SilverSneakers Splash
(Wausau Branch)

Matt

A fun, shallow-water exercise class that uses a signature splash-board 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.

10:00 am - 12:00 pm

Mexican Train (The Landing)

A group will get together to play Mexican Train on Tuesday mornings - sign up required so we know how many to expect!

10:15 am - 11:00 am

55+ Strong
(Wausau Branch and Virtual)

Lori

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

12:00 pm - 2:00 pm

Knitting and Crafts Group
(The Landing)

Bring your own knitting or crocheting project and work alongside fellow crafters! In-person space is limited, so sign up today!

3:30 pm - 4:30 pm

Trishaw Rides
(The Landing)

5:00 pm - 6:00 pm

Trishaw Rides
(The Landing)

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, July 7

9:00 am, 10:00 am and 11:00 am

1:1 Tech Support
(The Landing)

Alex Lopez

Alex will be available for one hour appointments starting at 9:00 am to help you with your tech questions! Bring your laptop, phone or tablet and he will work on getting you more confidence with your personal technology.

9:45 am - 10:30 am

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

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 - 12:00 pm

Bridge (The Landing)

Experienced bridge players can sign up to play with other intermediate to advanced players. Registration required so we know we have enough players!

10:00 am - 11:00 am

Gentle Stretch & Strength
(Aspirus Branch)

Cindy

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

10:45 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

SilverSneakers Classic
(Aspirus Branch)

Cindy

11:30 am - 12:00 pm

Lunch to Go
(Pickup at The Landing)

Chicken & Strawberry Salad - Romaine lettuce and baby spinach, fresh strawberries, toasted pecans, and onion with a poppy seed dressing. Crusty bread on the side. Lemon poke cake for dessert.
Fee: \$10

1:30 pm - 3:30 pm

Cribbage (The Landing)

We are setting aside space for cribbage play every Wednesday in May – sign up for a spot!

Thursday, July 8

10:00 am - 10:30 am

Ice Cream Truck (Yawkey Park)

Danee's Ice Cream Wagon will be stopping at Yawkey Park - the YMCA childcare kids will be getting a sweet treat, and our members are invited to participate as well! Treats range from \$1 - \$3

10:00 am - 11:00 am

Laughter Club
(The Landing)

Bernie

10:45 am - 11:30 am

SilverSneakers EnerChi
(Wausau Branch and Virtual)

Lee

WHAT'S HAPPENING AT THE LANDING

1:30 pm - 2:30 pm

Trishaw Rides
(The Landing)

3:00 pm - 4:00 pm

Trishaw Rides
(The Landing)

Friday, July 9

9:00 am - 1:00 pm

Summer Sunshine Series!
(Yawkey Park/The Landing)

Our Summer Sunshine Series continues! We will begin the day with a Laughter Club session at 9:00 am. Then at 10:00 am Kay will lead a Flexibility & Strength class in the park. At 11:00 am, we will have the grill fired up to serve hot dogs or brats, pasta salad, and baked beans with an ice cream float for dessert (\$10). Rico Jaeger will be putting on a rock concert in the park with hits from the 50s, 60s and 70s - don't forget to bring your own chair!

10:00am - 11:00am

Gentle Stretch and Strength
(Aspirus Branch)

Cindy

1:00 pm - 3:00 pm

Mahjong (The Landing)

Monday, July 12

9:30 am - 11:00 am

Table Tennis Lesson & Open Play
(The Landing)

Matt will be teaching and demonstrating basic table tennis skills. Refresh or learn something new! Open play time will follow each lesson so you'll have a chance to practice with friends! This week we will be practicing serving techniques!

10:00 am - 10:45 am

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

Robin

10:00am - 11:00am

Gentle Stretch and Strength
(Aspirus Branch)

Cindy

11:15 am - 12:15 pm

SilverSneakers Classic
(Aspirus Branch)

Cindy

Tuesday, July 13

9:00am - 10:00am

SilverSneakers Splash
(Wausau Branch)

Matt

10:00 am - 12:00 pm

Mexican Train (The Landing)

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)

3:30 pm - 4:30 pm

Trishaw Rides
(The Landing)

5:00 pm - 6:00 pm

Trishaw Rides
(The Landing)

6:00 pm - 7:00 pm

Vibrational Sound Therapy
(Wausau Branch)

Barb

Wednesday, July 14

9:00 am, 10:00 am and 11:00 am

1:1 Tech Support
(The Landing)

Alex Lopez

9:45 am - 10:30 am

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

Pam

10:00 am - 12:00 pm

Bridge (The Landing)

10:00 am - 11:00 am

Gentle Stretch & Strength
(Aspirus Branch)

Cindy

10:45 am - 11:30 am

Flexibility, Balance and Breath
(Wausau Branch and Virtual)

Pam

11:15 am - 12:15 pm

SilverSneakers Classic
(Aspirus Branch)

Cindy

11:30 am - 12:00 pm

Lunch to Go
(Pickup at The Landing)

BLT Panzanella Salad - A favorite sandwich reimagined as a salad! Crusty pieces of bread tossed with tomato, onion, bacon, mixed greens, and a balsamic vinaigrette. Refreshing pineapple mouse for dessert! Fee: \$10

1:30 pm - 3:30 pm

Cribbage (The Landing)

Thursday, July 15

10:00 am - 11:00 am

Laughter Club
(The Landing)

Bernie

10:45 am - 11:30 am

SilverSneakers EnerChi
(Wausau Branch and Virtual)

Lee

WHAT'S HAPPENING AT THE LANDING

1:00 pm - 2:00 pm
Fresh Conversations
 (The Landing and Virtual)
 Matt

How many fresh herbs can you identify by sight, taste and smell? Put your senses to the test and sign up for a discussion about fresh herbs and how to incorporate them into your summer (and year round!) cooking to boost flavor and create interest and variety!

1:30 pm - 2:30 pm
Trishaw Rides
 (The Landing)

3:00 pm - 4:00 pm
Trishaw Rides
 (The Landing)

Friday, July 16

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

1:00 pm - 3:00 pm
Mahjong (The Landing)

Monday, July 19

9:30 am - 11:00 am
Table Tennis Lesson & Open Play
 (The Landing)

Matt will be teaching and demonstrating basic table tennis skills. Refresh or learn something new! Open play time will follow each lesson so you'll have a chance to practice with friends! This week we will learn about backspin and how it will affect your game!

10:00 am - 10:45 am
SilverSneakers Circuit
 (Wausau Branch, Virtual and Aspirus Branch Livestream)
 Robin

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

11:15 am - 12:15 pm
SilverSneakers Classic
 (Aspirus Branch)
 Cindy

Tuesday, July 20

9:00am - 10:00am
SilverSneakers Splash
 (Wausau Branch)
 Matt

10:00 am - 12:00 pm
Mexican Train (The Landing)

10:00 am - 12:00 pm
Bike the Mountain Bay Trail
 (Mt. Bay Trail - Weston)
 Bill Bertram, Ironbull

Put your foot to the metal so you can pedal – Bring your bike and we will meet at the Weston Center municipal parking lot to start our ride from Weston to Ringle and Back, this is a 13 mile ride along the Mountain Bay Trail, moderate intensity. Ironbull will pay the cost of the trail pass!

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)

3:30 pm - 4:30 pm
Trishaw Rides
 (The Landing)

5:00 pm - 6:00 pm
Trishaw Rides
 (The Landing)

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

Wednesday, July 21

9:00 am, 10:00 am and 11:00 am
1:1 Tech Support
 (The Landing)
 Alex Lopez

9:45 am - 10:30 am
SilverSneakers Yoga
 (Wausau Branch, Virtual and Aspirus Branch Livestream)
 Pam

10:00 am - 12:00 pm
Bridge (The Landing)

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

10:45 am - 11:30 am
Flexibility, Balance and Breath
 (Wausau Branch and Virtual)
 Pam

11:15 am - 12:15 pm
SilverSneakers Classic
 (Aspirus Branch)
 Cindy

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

Ole! Two yummy chicken fajitas served with grilled peppers and onions on flour tortillas! Mexican street corn served off the cobb on the side and a decadent bar for dessert! **Fee: \$10**

1:00 pm - 2:30 pm
Handstitched Worlds: The Cartography of Quilts
 (Leigh Yawkey Woodson Art Museum)

Visit the Woodson Art Museum for a curator-led tour of Handstitched Worlds: The Cartography of Quilts, followed by art making inspired by the graphics, stories, and contexts behind the artworks on view. We'll use maps and mark making as tools for exploring personal identity and place. Meet in the main lobby!

WHAT'S HAPPENING AT THE LANDING

1:30 pm - 3:30 pm
Cribbage (The Landing)

Thursday, July 22

10:00 am - 10:30 am
Ice Cream Truck (Yawkey Park)

Danee's Ice Cream Wagon will be stopping at Yawkey Park - the YMCA childcare kids will be getting a sweet treat, and our members are invited to participate as well! Treats range from \$1 - \$3

10:00 am - 11:00 am
Laughter Club
(The Landing)
Bernie

10:45 am - 11:30 am
SilverSneakers EnerChi
(Wausau Branch and Virtual)
Lee

11:00 am - 12:00 pm
Horticulture with Janell - Multiply Your Joy with Fragrant Herbs
(The Landing)
Janell, UW-Extension

Ask any gardener and they will tell you gardening is good for the soul. We now have evidence that nurturing plants supports our wellbeing in ways like increasing memory and concentration and reducing stress. Plant propagation is the method of generating multiple plants from a parent plant. In this program, we will cover plant propagation techniques using fragrant herbs and do some hands on work with herb plants, which you will be able to take home! Fee: \$5.00

12:30 pm - 1:30 pm
Estate Planning Essentials
(The Landing)
Jessica Merkel and Shanna Yonke, Ruder Ware

Have you heard of an estate plan, but just aren't sure what that means or what is all involved in an estate plan? What makes up an estate plan? In this session, we will cover the tools needed to handle your

affairs if you are alive, but need assistance, options to address nursing home planning, and tools used to distribute your assets after you pass away. Attorneys Jessica Merkel and Shanna Yonke will discuss Financial Powers of Attorney, Health Care Powers of Attorney, wills, trusts, and more!

1:30 pm - 2:30 pm
Trishaw Rides
(The Landing)

3:00 pm - 4:00 pm
Trishaw Rides
(The Landing)

Friday, July 23

9:00 am - 1:00 pm
Summer Sunshine Series!
(Yawkey Park/The Landing)

Our Summer Sunshine Series continues! **UPDATED** At 9:00am we will do a handmade card making class led by Bev (\$5). Then at 10:00 am Sara will lead a Senior Strength class in the park. At 11:00 am, we will have grilled hamburgers and cheeseburgers with a side of chips and fruit salad. Save room for strawberry shortcake! (\$10). Fern Isle Quarter will be playing a gorgeous concert from 11:30 - 1:30 - don't forget to bring your own chair!

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

1:00 pm - 3:00 pm
Mahjong (The Landing)

Monday, July 26

9:30 am - 11:00 am
Table Tennis Open Play
(The Landing)

No Lesson this week, but come for open play!

10:00 am - 10:45 am
SilverSneakers Circuit
(Wausau Branch, Virtual and Aspirus Branch Livestream)
Robin

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

11:15 am - 12:15 pm
SilverSneakers Classic
(Aspirus Branch)
Cindy

Tuesday, July 27

9:00am - 10:00am
SilverSneakers Splash
(Wausau Branch)
Diane

10:00 am - 12:00 pm
Mexican Train (The Landing)

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)

3:30 pm - 4:30 pm
Trishaw Rides
(The Landing)

5:00 pm - 6:00 pm
Trishaw Rides
(The Landing)

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

WHAT'S HAPPENING AT THE LANDING

Wednesday, July 28

9:00 am, 10:00 am and 11:00 am

1:1 Tech Support
(The Landing)

Alex Lopez

9:45 am - 10:30 am

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

Pam

10:00 am - 12:00 pm

Bridge (The Landing)

10:00 am - 11:00 am

Gentle Stretch & Strength
(Aspirus Branch)

Cindy

10:45 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)

Join fellow readers for a monthly discussion of a new book. The lively and engrossing discussion will be led by Connie Heidemann of Marathon County Literacy. July's Book: The Other Einstein by Marie Benedict

11:15 am - 12:15 pm

SilverSneakers Classic
(Aspirus Branch)

Cindy

11:30 am - 12:00 pm

Lunch to Go
(Pickup at The Landing)

Opa! Greek turkey burger stuffed with sun dried tomatoes, red onion, spinach and feta, topped with cucumber and lemon dill yogurt sauce, served with chips and cookie! Fee: \$7

1:30 pm - 3:30 pm

Cribbage (The Landing)

1:30 pm - 2:30 pm

Trishaw Rides
(The Landing)

3:00 pm - 4:00 pm

Trishaw Rides
(The Landing)

Thursday, July 29

9:00 am - 12:00 pm

Motorama Auto Museum Outing

The Landing will be taking a group to Motorama Auto Museum in Aniwa on July 29th at 9:00am. The museum includes over 450 rare and unusual vehicles from across the planet, featuring the Alfa Heaven collection of over fifty vintage Alfa Romeos. Displays include the Race Room, filled with historic race cars and memorabilia. The Main Museum building contains 2 floors of unusual autos, some the only known surviving example. In the Bike Barn, you will find several hundred motorcycles plus more odd cars. The Motor Pool consists of military vehicles and a really big gun. The tour is not complete without a walk through the old car Bone Yard and a visit to Ralph's Quality Corvairs. The museum's owner, Tom, will be providing a guided tour with humor and good stories about many of the unique vehicles you will see. Lunch included: your choice of ham & swiss on rye or turkey & provolone on baguette; chips, pickle, cookie and bottle of water also included! Fee: \$20 for members; \$30 for non-members

10:00 am - 11:00 am

Laughter Club
(The Landing)

Bernie

10:45 am - 11:30 am

SilverSneakers EnerChi
(Wausau Branch and Virtual)

Lee

Friday, July 30

The Landing will be closed for a Blood Drive with the American Red Cross.

10:00am - 11:00am

Gentle Stretch and Strength
(Aspirus Branch)

Cindy

1:00 pm - 3:00 pm

Mahjong (Wausau Multipurpose Room)

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.

By Appointment

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.

Revised 6/30/2021