

**HATHA CHAIR YOGA:**

Traditional yoga instruction for both new and continuing students. This class consists of powerful, flowing postures that promote healthy circulation, body awareness and well-being. Modifications are provided to fit individual needs. Class ends with a relaxing cool down posture. Hand weights are incorporated into the workout. FIRST CLASS IS FREE.

Place: Baldwin Golf Course Building  
Fee: \$15 per class per month or \$5 drop in fee  
\$30 for a punch card (6 classes)  
Date: Tuesdays @ 11:30 am

**Restorative Yoga:**

This style of yoga is used to trigger the nervous system. During this class, we will move slowly from one pose to the next and use props to get more deeply into each pose. We will stay in poses longer and focus on breath and relaxation. Yoga mats are required. FIRST CLASS IS FREE.

**Beginning May 2--Held at Golf Course Building.**

Place: The Academy of Dance Building  
Fee: \$15 per month or \$5 drop in fee  
\$30 for a punch card (6 classes)  
Date: Thursdays @ 8:30 am

**Fitness Class: (LOW IMPACT)**

Fun Low-Impact Exercises for Seniors. A low-impact exercise routine can benefit your health by stretching and strengthening your muscles, reducing stress, preventing injury, and even helps to lower your blood pressure. You should always talk to your doctor before starting any exercise program. The instructor is Mary Moore.

Place: Golf Course Building  
Fee: \$25  
Date: Mondays  
Time: 8 am

**Coffee & Donuts:**

Start your morning off with a cup of coffee and a donut at the Baldwin City Recreation office. Enjoy fellowship too!

Place: BCRC Office  
Date: Third Friday of every month

**TOPS (Taking Off Pounds Sensibly):**

This is a non-profit weight loss support group. TOPS encourages weight loss and maintenance through sensible eating, exercise and mutual support. The heart of that support comes during weekly chapter meetings as members encourage one another, share information and help each other stay on track.

Place: Baldwin City Library  
Fee: \$32 per year  
Date: Tuesdays-9:30 am weigh in

**LAP SWIM PASS:**

Lap Swim punch cards are now available for purchase at \$30. After April 30, the price will increase to \$40. The cards can be purchased at BCRC Office.

**BCRC Office Closed-Good Friday**

Friday, April 19 the BCRC Office is closed for holiday. **DONUTS & COFFEE @ 9 am,** will be rescheduled for Friday, April 26.

**SENIOR SOCIAL:**

Enjoy friendship, music and snacks! Beer and wine will be available for cost.

Place: Baldwin Dance Academy  
Fee: Free  
Date: June 13

**Lunch Bunch:**

Meet us there or ride along. Please register for all lunch bunch outings.

Fee: \$2

Date: April 18, Beethovens, Paola, KS

May 9, Lamont Hill, Vassar, KS

June 10, Dutch Country Café, Garnett, KS

Time: 11 am

**Plaza Cinema in Ottawa, KS:**

Enjoy the classic, "Singing in the Rain" at the oldest movie theatre around in Ottawa, KS. Please register by March 18 to attend.

Fee: \$2

Date: April 29—The Dirty Dozen

May 20—Movie to be announced

Time: 1 pm

**The Brown Mansion in Coffeyville, KS:**

The Brown Mansion is a three story, 16-room Neoclassic structure built by W.P. Brown in 1906. Now listed on the National Register of Historic Places, the mansion still contains much of the original furniture and wall and floor coverings, as well as a custom-made Tiffany chandelier. Even the china and silver there actually belong to the Brown family. After a delicious lunch stop, BCRC will tour the Brown Mansion.

Fee: \$15

Date: April 24

Time: 8:30 am

**KC T-Bones:**

The Kansas City T-Bones will host the Milwaukee Milkmen at 7:05 pm.

Fee: TBD

Date: May 28

Time: 5:45 pm

**Chestnut Theatre-Do Black Patent Shoes Really Reflect:**

This great musical is a nostalgic and hilarious look at growing up Catholic in the 50s - but you don't have to be Catholic to be in on the fun! Follow a boy & girl from elementary through high school in a more innocent era, and remember a little of your own childhood along the way. The show is funny & wistful, capturing youthful growing pains and trying moments of adolescence. The music will tickle you and touch you ... and stir memories of your school days!

Fee: \$30

Date: June 5

Time: 1 pm

**Great Plains Theatre & Mr. K Farmhouse-Abilene, KS:**

The Pirates of Penzance; or, The Slave of Duty is one of the most beloved Gilbert and Sullivan operettas. A ridiculous premise provides many opportunity from rambunctious physical comedy and a delightful score which includes "I Am the Very Model of a Modern-General," "Poor Wand'ring one," "With Cat-Like Tread," and the glorious anthem "Hail, Poetry". Lunch will be enjoyed at Mr. K's Farmhouse before the show. Mr. K's is a wonderful old farmhouse rich in history, and the food is delicious!

Fee: \$33 (Lunch is not included)

Date: June 19

Time: 9:30 am

**Not Lost Brewing:**

A new brewery is in town! Down the road to Ottawa, KS, Not Lost Brewing will provide a brew tasting after a tasteful lunch at Nagoya Japanese Sushi & Steak Restaurant.

Fee: \$7

Date: July 11

Time: 11:15 am

**1st Ladies of Country Music-Chestnut Theatre:**

This show tells the story of Country's First Ladies and how they broke down the barriers and made their way onto the stages and into the hearts of country music lovers.

Fee: \$33

Date: July 17

Time: 1 pm

**CASINO:**

Are you feeling lucky? It's time for our annual Casino trip-win or lose!

Fee: \$3

Date: July 29

Time: 9:30 am

**Kansas City Royals:**

Kansas City Royals host the Detroit Tigers at 12:15 pm.

Fee: TBD

Date: September 5

Time: 10:45 am