

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.

Place: Baldwin Golf Course Building
Fee: \$15 per month or \$5 drop in fee
\$30 for a punch card (6 classes)
Date: Thursdays @ 8:30 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

Trivia Fun with Heartland Hospice Care:

Join the fun with Heartland Hospice Care, and answer questions you know and learn about a fun topic! Have a ton of fun and win small prizes..

Place: BCRC Office
Date: September 12
Time: Noon

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

Medium-Traci Bray:

Traci's readings come from Spirit in the 'Spirit-of' personal enlightenment. To some recipients, they also provide entertainment and certainly, enjoyment. Individuals are responsible for their interpretation of the reading as well as how or if they incorporate it into their own life via thought, word and deed.

Place: BCRC Office
Fee: \$70
Date: Sept. 17
Time: 7 pm

Tea Social @ Dance Café:

Delightful treats and hot tea will have our taste buds spinning.

Place: The Dance Café
Fee: \$8
Date: **August 9**
Time: 11 am

Legal Outreach Clinic: August 15

Documents prepared for free include: Financial Power of Attorney, Health Care Power of Attorney and Living will-**SEE ENCLOSED FLYER**

Dispelling the Myths of Hospice: August 22

Find comfort and support at this informational meeting.
SEE ENCLOSED FLYER-Refreshments provided

Senior Citizens Day:

Hold the date open for August 23! Our annual FREE lunch.

Lunch Bunch:

Join us for lunch once a month. Meet us there or ride along. Please register for all lunch bunch outings.

Fee: \$2

Date: August 8, Wiener Wagon, Overland Park, KS

Time: 11 am

Pittsburg, KS Casino and Chicken Marys:

Do you feel lucky? Kansas Crossing Casino in Pittsburg, KS is waiting for you! After your pockets are filled with gold, we will stop at Chicken Mary's to fill your tummies!

Fee: \$5

Date: September 20

Time: 11:30 am

Steak night at Jefferson Hill Vineyard and Winery:

A favorite in McClouth, KS. Patrons will enjoy hor dourves, salad, steak and sides with dessert! Our gracious guests have invited us back. An extra \$5 charge is not included, if you are interested in wine tasting. Leann Chapman from the Historical Society, will make a short presentation on the history of the area.

Fee: \$35

Date: October 25

Time: 3 pm

Holiday Homes Tour-Lawrence, KS:

Six to Eight area homes are decorated for the holiday season There are only 500 tickets that will be available to purchase. There is a Holiday Shop, Bake Sale and Basket Raffle from at the Smith Center at Brandon Woods. Pick up some great items before you start the home tours! Heartland Community Health Center, the beneficiary of the tour, is a non-profit Federally Qualified Health Center and Level 3 Patient-Centered Medical Home serving Douglas County and portions of 4 surrounding counties.

Fee: \$25

Date: December 2

Time: 11 am

Cero's Choc Doo Dah Diner & tour Wichita Cathedral:

Today's Cero's offers hand made chocolates made in their store. (May even get to sample....yum) Following the chocolate tour, BCRC will head to Doo Dah Diner, where home cooked meals are served., following our meal we will take a 1 1/2 hour tour of the Cathedral of the Immaculate Conception .

Fee: \$3

Date: August 14

Time: 8:15 am

Plumlee Buffalo Ranch & Alma Cheese Store:

Enjoy a two hour tour at a family operated 400 acre buffalo ranch in the Flinthills of Kansas. You will have ample opportunities for close-up pictures of the herd. You will learn the history of the Kansas Flinthills and see the beautiful native flowers, and if you would like, have a chance to feed catfish at one of their ponds. Buffalo meat is available for purchase. Following our tour, a stop at the Alma Bakery for lunch, and let's not forget the Alma Cheese Store on our way out of town.

Fee: \$17 (includes tour tickets)

Date: September 5

Time: 8:15 pm

Chestnut Theatre-Doo Wap Boys:

Doo-Wop is the soundtrack of our lives! Four guys in matching outfits, singing great tunes we all love to remember – It doesn't get much better! With tight harmonies & slick dance moves, we'll take you back to the magical 50s! You'll have a smile on your face from beginning to end! *This Magic Moment, Sherry Baby, Earth Angel, Sh-Boom, The Great Pretender, Why Do Fools Fall In Love*, and more!

Fee: \$33

Date: November 7

Time: Noon

It's A Wonderful Life-Garnett, KS Theatre:

Spend the holidays with the Bedford Falls and have a front row seat for the most important Christmas Eve of George Bailey's life.

Fee: \$29

Date: December 9

Time: 11:15 am