

**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  
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

**Senior Citizens Day:**

It's our annual FREE lunch day! Socialize and enjoy some good old fashioned fried chicken! First come, first serve.

Place: Baldwin Dance Academy  
Fee: FREE  
Date: August 22  
Time: 11 am

**Plaza Cinema in Ottawa, KS:**

Enjoy a classic movie with free popcorn & drink.

Fee: \$2  
Date: July 29-Elvis Presley  
August 26-TBA  
Time: 1 pm

**Lunch Bunch:**

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

Fee: \$2

Date: August 5, Jess & Jim's, Kansas City

September 26, Bull Creek Distillery, Spring Hill, KS

Time: 11 am

**Nate's Place & Somerset Ridge Winery:**

Nate's Place is part of the historical Twin Mansions in Fort Scott, KS. Enjoy a wonderful lunch in the south mansion. Our way home, will take us by Somerset Ridge Winery for a wine tasting in lovely Paola, KS.

Fee: \$8 (includes wine tasting)

Date: August 14

Time: 9:45 am

**New Theatre-Joseph & Amazing Technicolor Dreamcoat:**

Based on the "Coat of Many Colors" story from The Bible's Book of Genesis, this upbeat musical is filled with a cornucopia of musical styles. From country-western to calypso to bubblegum pop & rock 'n' roll, this Old Testament tale emerges both timely and timeless.

Fee: \$38

Date: August 28

Time: 10:30 am

**Kansas City Royals:**

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

Fee: TBD

Date: September 5

Time: 10:45 am

**Plumlee Buffalo Ranch:**

Enjoy a two hour tour at a 400 acre Buffalo Ranch. You will learn the history of the flint hills and see the beautiful native flowers. Buffalo meet is available for purchase. After the tour a stop at Alma Bakery for lunch, and let's not forget Alma Cheese Store!

Fee: \$17

Date: September 11

Time: 8:30 am

**Garnett KS Theatre-Wild Women of Winedale:**

This joyful and exuberant, yet ultimately touching, comedy focuses on three women at crossroads in their lives – the Wild sisters of Winedale, Virginia – Fanny and Willa and their frustratingly quirky sister-in-law, Johnnie Faye.

Fee: \$28

Date: September 15

Time: 11:15 am

**New Theatre-The Last Romance:**

The Last Romance is a heart warming boy meets girl with a dog comedy. What makes it unique is that the boy and the girl are senior citizens! Love, like aging, they discover, is not for the weak or those without a lively sense of humor.

Fee: \$36

Date: September 25

Time: 10:30 am

**Jefferson Hill Vineyard:**

Don & Maxine have invited us back for their famous Shrimp Boil. All you can eat! Wine Tasting is \$5 extra.

Fee: \$30

Date: October 1

Time: 2 pm

**Louisburg Cider Mill Tour:**

A guided tour through the barn to watch cider being pressed, donuts being made while the guide explains both processes and gives fun facts. Then enjoy a donut and small cider to finish up the tour.

Fee: \$8

Date: October 16

Time: 9:15 am

**Chestnut Theatre/The Taffetas:**

Take a nostalgic romp through the 50s with The Taffetas, a quartet of sisters who pay tribute to the songs in our memories- Mr. Sandman, Johnny Angel, Sh-Boom, Where the Boys Are, and many more. The girls are determined to star on national TV, and you'll enjoy being a part of their studio audience.

Fee: \$30

Date: November 13

Time: 1 pm