

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. Class ends with a relaxing cool down posture. Hand weights are incorporated into the routine. **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: Tuesdays @ 11:30 am

Restorative Yoga:

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 Dance Academy
Fee: \$15 per month or \$5 drop in fee
\$30 for a punch card (6 classes)
Date: Thursdays @ 9 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

Hatha Yoga:

A gentle class, focusing on flowing from pose to pose and linking the movement with the breath. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, forward folds, and hip openers. All levels- **BEGINNERS WELCOME!**

Place: Golf Course Building
Fee: \$5 per class
Date: March 3, 10, 24 & 31
Time: 10:15 am

TOPS (Taking Off Pounds Sensibly):

This is a non-profit weight loss support group. The heart of that support comes during weekly chapter meetings as members encourage one another, and help each other stay on track.

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

Caregivers Support Group:

This group meets at the Methodist Church., 704 8th Street. Meet at 1 pm on the third Wednesday of each month. For more information, contact Linda Ballinger at 913.980.3831 or lindababe43@gmail.com.

Coffee & Donuts:

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

Place: BCRC Office
Date: Third Friday of every month

Cinco De Mayo:

Holy Guacamole! Taco bar and Margaritas.... Say what? Grab your Mexican attire and join BCRC. Prizes awarded for your favorite Mexican!

Time: Noon
Place: Dance Academy Building
Fee: \$8
Date: May 5

Lunch Bunch:

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

Fee: \$3
Date: March 12, Southern Eats, Paola, KS
April 14 @ 4:00 pm, Kobe Japanese Steakhouse, Lawrence, KS
May 14, Guy & Mae's, Williamsburg, KS
Time: 11 am

Open House for Clay & Carol Chapman:

Farewell, Sayanora, Adois , Arrivederci ! The Chapmans are moving on up, but not too far down the road. Let's wish them luck with cake, at an open house just for them!

Date: March 19
Time: 1-3 pm
Place: Baldwin Golf Course, 1102 Main

Chestnut Theatre-Down by Riverside:

Down By the Riverside is a joyful, energetic celebration of gospel music - Join us as we share inspiring hymns, touching lyrics and upbeat numbers that will make you tap your feet and clap your hands!

Fee: \$30

Date: March 25, 2020

Time: 1 pm

JAWBATS Tour in Baldwin City:

The foundation for JAWbats was formed when owner Jacob Walters was just 16. While playing college baseball, the endless road trips, sleepless nights and Jacob's love of the game helped him focus on bettering his product. Jacob's own drive for perfection in both playing and creating built the foundation upon which JAWbats was formed. This company has opened his doors to us right here in Baldwin City. Join us for a tour and brief information about this company.

Afterwards, if you desire, we can meet at The Nook for small talk and conversation.

Date: April 7

Time: 12:45 pm (Parking is limited-Ride van to company)

Ghost Tour at Vaile Mansion:

Apex Paranormal will be leading our investigating into the paranormal world at the Vaile Mansion. From a family home, to asylum, and then a final resting place for the elderly, this mansion holds a priceless piece of history in the heart of Independence, MO. Apex Paranormal will use up to date technology and equipment to help us better understand the unknown. Minimum is 5 participants. This is a 3 hour session from 8 pm to 11 pm. Maximum of 15 participants.

Fee: \$37

Date: April 23

Time: 6:45 pm

Trails Day Café & Museum(Council Grove):

Here diners enjoy museum surroundings and a dining experience with history. We are not a "fast Food", so be prepared to take your time to enjoy a relaxing time reading, exploring and having a fun time tasting, smelling, seeing, hearing and being surrounded by history and culture! The McClintock's are looking forward to providing lunch and giving history lessons!

Fee: \$20

Date: April 27

Time: 9:45 am

If it's Monday-This must be Murder-Garnett,**KS:**

Harry Monday is a throwback to the private detectives of 1940's black and white movies. He's posing as a golf playing psychiatrist at the Shady Meadows Country Club. "And the club members aren't much saner than he is: a prima donna club president, an astrological moon child, a Wall Street ad man, and someone claiming to be the twin of a missing club member. Throw in a naïve supervisor, a sultry, hard-hearted dame and a surly police sergeant and you have to figure "If It's Monday, This Must be Murder!"

Fee: \$29

Date: June 4, 2020

Time: 5:15 pm

New Theatre-Million Dollar Quartet:

MILLION DOLLAR QUARTET brings that legendary night to life, featuring a score of rock hits including "Blue Suede Shoes," "Fever," "That's All Right," "Sixteen Tons," "Great Balls of Fire," "Hound Dog" and many more. This Broadway musical takes you inside the recording studio for a night of rock 'n' roll.

Fee: \$38

Date: June 10

Time: 10:30 am

Chateau Avalon Tour:

The Chateau Avalon combines the charm of a bed and breakfast with the fun of Vegas. They offer uniquely and luxurious them rooms. Our group will be able to tour a few of these rooms, and see how the rich and famous party in style. After our tour, we will head to the Yard House for 1/2 price appetizers and pizza., or you can order from their menu.

Fee: \$5

Date: July 14

Time: 12:30 pm

Boulevard Beer Tasting & Rosedale BBQ:

Your taste buds will thank you for this outing! Famous Rosedale's BBQ and then short drive down the road for beer tasting at Boulevard Brewery. Tasting cost is separate from fee, depending on brand-\$5 to \$10 per flight of 4 beers.

Fee: \$5 (Tasting fee is separate)

Date: August 20

Time: 10:30 am