

**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 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 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: January 28, February 4, 18 & 25  
Time: 12:45 pm

**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

**Caregivers Support Group:**

This group meets once a month 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.

**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

**Valentine Brunch:**

Ambassadors from the Baldwin Dance & Voice Academy will be providing entertainment! Enjoy a delicious brunch and socialize with your peers.

Time: 10:30 am  
Place: Dance Academy Building  
Fee: \$8  
Date: February 13

**Community Wellness Festival:**

Watch for more information!  
Mobile Mammography Mobile will be available.

Date: April 4, 2020

**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 all lunch bunch outings.

Fee: \$3

Date: February 6, Hot off the Press, Wellsville, KS  
March 12, Southern Eats, Paola, KS

**April 14 @ 4:30 pm, Kobe Japanese Steakhouse,  
Lawrence, KS**

May 14, Guy & Mae's, Williamsburg, KS

Time: 11 am

**Wine Tasting:**

Our first stop will be at Froggy's in St. Marys, KS for lunch. After lunch, a quick jaunt down the road to Prairie Fire Winery, in Paxico, KS, and then to Wyldewood Cellars for delicious wine tasting. (lunch is not included)

Fee: \$10 (includes wine tasting)

Date: February 20

Time: 10:30 am

**New Theatre-Church Basement Ladies:**

The hilarious musical comedy that mixes the silliness of Nun-sense with the homespun humor of Prairie Home Companion. It's a celebration of the church basement kitchens everywhere and the wonderful unsung women who work there. Starring Cindy Williams from Laverne & Shirley.

Fee: \$36

Date: March 4, 2020

Time: 10:30 am

**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! Before the curtain closes, you'll be singing along with the wonderful voices on our stage.

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. He grew up with two passions in his life: wood turning and baseball. Those passions converged when Jacob turned out his first baseball bat during the summer of his sophomore year of high school. From that point on, his skill and zeal for creating beautiful, effective baseball bats grew. 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. In the middle of his collegiate career, in June of 2012, JAWbats, L.L.C. was born. 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: 1 pm

**Trails Day Café & Museum(Council Grove):**

With its' foundation laid in Kansas Territory, the Rawlinson-Terwilliger Home was built alongside the famed Santa Fe Trail as Kansas became the 34<sup>th</sup> state. Here diners enjoy museum surroundings and a dining experience with history. Guests are transported back to a time when some homes along the Santa Fe Trail served as eating places. 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. Only Harry is more gum-on-your-shoe than gumshoe. He's posing as a golf playing psychiatrist at the Shady Meadows Country Club. "A place where old polyester goes to die," says Harry, after club members start dropping like divots on the duffer's course. 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. They're all dropping red herrings in their wake. 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