

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. The focus is on breath, flexibility, balance, core strength, and building bone density. 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. By stimulating this system you experience a lower heart rate and blood pressure. 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. This class is a passive form of yoga. 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

Baldwin City Blues Baseball:

The Baldwin City Blues is a founding member of the Mid Plains Summer Collegiate Baseball League.

Games begin at 7 pm at the Baldwin City Ball Complex

Home Games
June 5, 7, 8, 12, 14, 15, 16, 19, 26, 28, 29 and 30

July 10 & 12

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: June 4
Time: 7 pm

Ice Cream Social:

Code ice cream with toppings on a hot summer day.

Place: The Dance Café
Fee: FREE
Date: July 10
Time: 1 pm

Senior Mix @ Ives Chapel:

The annual Senior Mix will be held on July 11 from 2-4 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

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: June 18, Clock Tower Bakery (US & Britain delights)
July 19, Smoked Creations, Ottawa, KS
Time: 11 am

Shatto Milk Company:

At Shatto milk, nothing gets in the way of producing the freshest, most natural dairy products around. Fresh, natural, wholesome milk. Go behind the stalls to discover how our milk is produced and bottled. And find out the secret ingredient we put in all our Shatto products. We'll give you a hint, it's MILK!

Fee: \$25 (includes lunch, tour and ice cream)
Date: June 21
Time: 10 am

Shrimp Boil @ Jefferson Hill Vineyard:

Don & Maxine have welcomed Baldwin City Recreation back to enjoy their famous Shrimp Boil at their location in McClouth, KS.

Fee: \$25 with out wine tasting
\$30 with wine tasting
Date: July 2
Time: 10:45 am

KC Royals:

KC Royals will host the Detroit Tigers.

Fee: TBD
Date: July 25
Time: 11:45 am

New Theatre-Mamma Mia:

This Super Trouper musical comedy hit sold out 14 years on Broadway. Featuring the #1 hits of legendary group of Abba-Dancing Queen, Knowing Me-Knowing You, and Take a chance on Me.

Fee: \$40
Date: August 29
Time: 10:30 am

Cero's Chocolate, 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. With bellies full, we will travel down the road to take a 1 1/2 hour tour of the Cathedral of the Immaculate Conception [also known as St. Mary Cathedral], the mother church of the Diocese of Wichita.

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