

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, lengthening of muscles and building bone density. Modifications are provided to fit the individual needs of each student. Class ends with a relaxing cool down posture. Hand weights are incorporated in to the workout. **FIRST CLASS IS FREE!**

Place: Baldwin Golf Course Building
Fee: \$15 per class per month or \$5 drop in fee
Date: Tuesdays @ 11:30 am
Thursdays @ 9:45 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. This also helps stimulate your immune and endocrine systems in a health way. During this class, we will move slowly from one pose to the next and use props to get more deeply into each pose. Once in the pose, we will stay in the poses longer and focus on breath and relaxation as we actually lengthen muscles. This class is more of a passive form of yoga. Yoga mats are required. **FIRST CLASS IS FREE!**

Place: Baldwin Golf Course Building
Fee: \$15 per month or \$5 per class
Age: Adult
Date: Thursdays @ 8:30 am

August 21, 2017-Total Eclipse of the Sun:

On August 21, 2017 a total eclipse of the sun will be visible from within a narrow corridor that traverses the United States. It will be 100 years before this event will be visible again. BCRC will take a Coach Bus to Troy, KS to enjoy the festivities. Troy will have food vendors and activities for patrons. Baldwin patrons will need to bring along a lawn chair, and if you wish, a small cooler with refreshments.

Place: Troy, KS
Fee: \$20 (includes the sunglasses needed to view the eclipse)

TECHNOLOGY CLASS:

Does Technology have you baffled? Bring in your phone, tablet or laptop and we will help! **MUST BE REGISTERED TO ATTEND!**

Time: 11 am-Noon
Date: May 11
Place: BCRC Office

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.

Fee: \$32 per year
Meetings: Tuesdays, 9:30 am weigh-in/Baldwin City Library

Coffee & Donuts:

Start your morning off with a cup of coffee and donut at the BCRC Office. Enjoy friendship too!

Place: BCRC Office
Time: 9 am
Ages: Adult
Date: 3rd Friday of each month

COMMUNITY CENTER PUBLIC MEETING:

On May16 there will be an open forum for the proposed community center for the public at the Performing Arts Center (high school) at 7 pm. All patrons are asked to attend and speak or ask questions concerning this topic. YOUR voice is what matters!

Social Tea at Dance Café:

A late morning brunch will be served by The Dance Café with lots of home made goodies for your appetites. Come and taste a different selection of teas, and wear your favorite hat!

Time: 10:30 am
Date: May 3
Fee: \$8

Lunch Bunch:

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

Date: May 10, Guy & Mae's—Williamsburg, KS
June 14, Green Acres Restaurant—Pomona, KS
Time: 11 am
Fee: \$2

Bingo:

Travel to Ottawa, KS and have a chance to yell out code word "BINGO"!

Date: April 25, May 16
Time: 6 pm
Fee: \$2

Wyldeewood Cellars Wine Tasting and Lunch:

Let's take a drive to Paxico, KS and explore the wines at Wyldeewood Cellar. After enjoying a box lunch from The Dance Café, the establishment will talk about their wines, and let us enjoy wine tasting.

Time: 10:45 am
Date: May 18
Fee: \$10

New Theatre: Dixie Swim Club (with Morgan Fairchild):

Five Southern women, whose friendships began many years ago on their college swim team, set aside a long weekend every August to recharge those relationships. Free from husbands, kids and jobs, they meet at the same beach cottage on North Carolina's Outer Banks to catch up, laugh and meddle in each other's lives.

Time: 10:30 am
Date: May 24
Fee: \$38

Garnett, KS Theatre; The Foreigner:

The Foreigner is a fun, two-act comedy by American playwright Larry Shue. The story takes place in a fishing lodge in rural Tilghman County, Georgia where two Englishmen, Froggy and Charlie, arrive as guests. The shy Charlie agreed to accompany Froggy on the trip after his sick wife begged him to go.

Time: 11 am
Date: June 4
Fee: \$28

KC T-BONES:

KC T-Bones will host the Wichita Wingnuts.

Time: 5:45 pm
Date: June 7
Fee: \$15

The Tea Room-Belton, MO:

Been longing for a taste of home? You'll find that and so much more at ***The Tea-room by Country Keepsakes***, located in the heart of historic downtown Belton. *The Tearoom* has been family-owned and operated for over 25 years, dishing up our very own brand of down-home upscale fare... served with a smile... by the mother/daughter duo of Bev Bruce and Molly Fries.

Time: 10:30 am
Date: June 29
Fee: \$3

Noir Arts & Oddities:

Our outing will make it's first stop at Beer Kitchen for lunch and then on to Arts & Oddities. Arts & Oddities goal is to provide treasures that will spark curiosity and conversation around the odd and unusual side of history, science and art. Are you ready to walk on the weird side? Kansas is home to a number of crazy things, including giant butter sculptures at the State Fair, and the rare six legged cow, (or was it a goat?) but there's never really been a catch-all place to get those odd gifts for your weird friends—until now.

Time: 10 am
Date: July 20
Fee: \$3

New Theatre: Million Dollar Quartet:

Million Dollar Quartet is the new smash-hit musical inspired by the famed recording session that brought together rock n roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. On December 4, 1956 these 4 young musicians gathered at Sun records in Memphis for what would be one of the greatest jam sessions ever.

Time: 10:30 am
Date: July 12
Fee: \$40

Hollywood Casino:

Are you feeling "LUCKY"?! Try your luck at Hollywood, and enjoy lunch at the Buffett (\$13.99) OR Marquee Café where you can order off of the menu.

Time: 9:30 am
Date: July 26
Fee: \$3

Chestnut Fine Arts Theatre: A Second Helping:

The Church Basement Ladies are back! With heartwarming humor and antics, these gals find strength in each other as they deal with the joys & upheavals from below the "House of God!" You will laugh until your side-dish hurts with their hilarious antics and down-to-earth charm. This is most certainly true!

Time: 1 pm
Date: August 2
Fee: \$28

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BCRC 50+ Activities