

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 Golf Course
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: Mondays @ 10 am
October 7, 14, 21, 28 and November 4, & 18

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

Christmas Brunch:

I'm dreaming of a white Christmas.....and a room full of my favorite people to share gifts and Christmas goodies! If you would like to participate in the White Elephant Exchange, please bring a gift to share.

Date: December 4
Place: Baldwin Dance Academy
Time: 10 am
Fee: \$8

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.

Breakfast with Santa:

All you can eat pancakes. Crafts and picture with Santa.

Place: Baldwin Intermediate Center
Fee: \$6
Date: December 7
Time: 9 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

Lunch Bunch:

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

Fee: \$2

Date: November 21, Stroud's

Time: 11 am

December 18, Homestead Bakery @ 9 am**Plaza Cinema in Ottawa, KS:**

Enjoy a classic movie with free popcorn & drink.

Fee: \$2

Date: November 25

Time: 1 pm

Missouri Star Quilt Company:

This company offers the largest selection of precut fabrics in the world. What started out as a family business has grown to include an entire community. Our first stop will be The Hangout for lunch, and then....shopping!

Fee: \$5

Date: November 6

Time: 9 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 and 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

New Theatre/Sherwood Adventures of Robin Hood:

A greedy prince and his henchman, Sir Buy, have taken control of England, and it is up to dashing outlaw Robin Hood to save the day. Join up and take aim with Robin and his band of Merry Men-and women! as they champion the underdog and fight for justice.

Fee: \$36

Date: December 11

Time: 10:30 am

Shopping @ Nell Hills, Elbow Chocolates:

Last minute Christmas Shopping for that someone special or for yourself? A day full of wonderful places and lunch at Lidia's with your favorite people.

Fee: \$3

Date: December 16

Time: 9 am

Grand Ole Opry-Chestnut Theatre:

"How-w-w-DEE-E-E-E!" Welcome to our tribute to the Grand Ole Opry and the incredible artists who have called it "home". Featuring country, bluegrass, gospel, and some good old-fashioned comedy, this musical revue celebrates the talent of favorite country legends.

Fee: \$30

Date: December 29

Time: 1 pm

CASINO:

Are you feeling lucky? Try your luck at Prairie Band Casino, outside of Topeka, KS.

Fee: \$3

Date: January 29

Time: 9 am

New Theatre-Church Basement Ladies:

The hilarious musical comedy that mixes the silliness of Nunsense 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