

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 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. 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 Building
Fee: \$15 per month or \$5 drop in fee
\$30 for a punch card (6 classes)
Date: Thursdays @ 8:30 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: Begins September 10
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

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

Trivia Fun with Heartland Hospice Care:

Join the fun with Heartland Hospice Care, and answer questions you know and learn about a fun topic! Have a ton of fun and win small prizes..

Place: BCRC Office
Date: October 10 & November 14
Time: Noon

BCRC Cancer Challenge Event:

Join us on Sunday, October 14th for the inaugural BCRC Cancer Challenge. The event will kick off with a Cancer Walk, in which all **proceeds raised will go to Sherry Stanley & Dani Bennett**, currently battling cancer to help offset the financial strain sometimes associated with the diagnosis. Once the walk is complete, stick around for the live music, food trucks and beer garden that all open at 3:00. In addition, the challenge does not end after the walk. Test your competitiveness in the Cornhole Tournament that will begin at approximately 3:30. Participants will partner up in teams of 2 in this double elimination event for cash prizes for 1st and 2nd place. In addition, the Kansas City Chiefs will face the New England Patriots at 7:20 that evening and we will be showing the game on an inflatable 16'x9' screen! Bounce houses, facepainters and raffle prizes available as well!

Walk and/or Cornhole Sponsorship:	\$25 per sponsorship
Individual Walk Registration:	\$15
Family of 4 Registration:	\$50
Cornhole Tournament Registration:	\$40 (team of 2)

Wine & Brew Tour:

Legacy Limo will provide transportation. Stops will include Davenport Winery, White Tail Winery, Wakarusa Brewery and Lawrence Beer Company. Registration fee does not include tasting fees at each stop. NO refunds given after October 21.

Fee: \$35 per person
Date: November 4
Time: Leaves @ 11:30 am/Returns at 5:30 pm
(THIS IS OPEN TO THE PUBLIC)

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: October 15, Best Regards Bakery & Café
November 15, Strouds
Time: 11 am

BREAKFAST @ 9 AM

December 17, Homestead Bakery

Steak night at Jefferson Hill Vineyard and Winery:

Patrons will enjoy hor d'oeuvres, salad, steak and sides with dessert! Our gracious guests have invited us back. An extra \$5 charge is not included, if you are interested in wine tasting. Leann Chapman from the Historical Society, will make a short presentation on the history of the area.

Fee: \$35
Date: October 25
Time: 3 pm

Holiday Homes Tour-Lawrence, KS:

Six to Eight area homes are decorated for the holiday season. There are only 500 tickets that will be available to purchase. There is a Holiday Shop, Bake Sale and Basket Raffle from at the Smith Center at Brandon Woods. Pick up some great items before you start the home tours!

Fee: \$25
Date: December 2
Time: 11 am

Breakfast with Santa:

All you can eat pancakes, picture with Santa and crafts!

Fee: \$6
Place: Baldwin Intermediate Center
Date: December 2
Time: 9 am

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! With harmonies & dance moves, we'll take you back to the magical 50s!

Fee: \$33
Date: November 7
Time: Noon

It's A Wonderful Life-Garnett, KS Theatre:

Spend the holidays with the Bedford Falls and have a front row seat for the most important Christmas Eve of George Bailey's life.

Fee: \$29
Date: December 9
Time: 11:15 am

Shear Madness-New Theatre:

This hilarious whodunit, starring Richard Karn, is a renowned classical pianist is murdered in her apartment above the Shear Madness beauty salon and you, the audience, along with Inspector Nick O'Brien, interrogate the suspects, evaluate the clues and solve the mystery.

Fee: \$38
Date: February 13, 2019
Time: 10:30 am

Christmas Brunch at The Dance Café:

Santa Claus is coming to town.....and always the yummy treats from The Dance Café gals. If you would like to participate in an White Elephant gift exchange, please bring a gift.

Fee: \$8
Place: Dance Café
Date: December 6
Time: 10:30 am