

YOGA

Check out [Baldwin City Recreation Yoga Facebook](#) page
For Chair Yoga, Hatha Yoga and Restoration Yoga
pre-recorded videos.

Chair Yoga-Tuesdays at 11:30 am
Baldwin Golf Course Building

Hatha Yoga-Tuesdays @ 12:45 pm
Baldwin Golf Course Building



6 Foot distancing will be utilized.
Masks to be worn to and from classes-It will be your choice
to wear mask during class.
Chairs will be sanitized after each class.
Bring your own equipment-no sharing.
Waiver of Liability –signed before participating in class

BEGINS September 1

First Class is FREE—\$5 per class



www.baldwinrec.org

785.594.3670

debra@baldwinrec.org

Weight Training & Low Impact Exercise

30 Minutes
Wednesdays @ 8:30 am
Begins September 2
\$5 per class



6 Foot distancing will be utilized.
Masks to be worn to and from classes-It will be your
choice to wear mask during class.
Bring your own equipment-no sharing.
Waiver of Liability –signed before participating in class

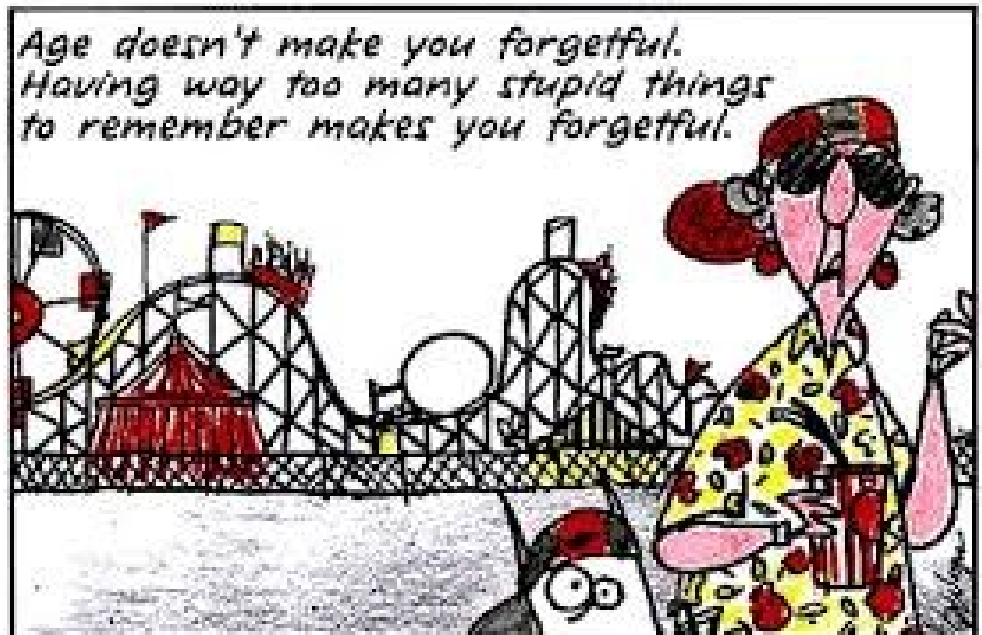
Please register to attend

Minimum 4 participants

Enclosed are short stories entered by Joy Uthoff and Hilda Garcia. Let them know
how much you enjoyed their stories! I KNOW I DID!!



MOBILE MAMMOGRAPHY
BALDWIN CITY
SEPTEMBER 21
913-344-9989 to make appt.



POLL

Would you feel comfortable
attending Day Trips with social
distancing guidelines?
debra@baldwinrec.org

VIRTUAL COFFEE

Join your fellow friends for Virtual Coffee dates on **Wednesdays at 1 pm**. If interested, please email debra@baldwinrec.org
You may participate by phone, computer or tablet.



LUNCH BUNCH-Homestead Bakery

Monday, September 21
11 am

If you feel comfortable and want to join-
Please register with Debbie

HELPING HAMMER SENIOR HOME REPAIR

Is currently available for EXTERIOR repair projects including:
painting, fence repairs, gutter cleaning, etc.

For more information call Janet Ikenberry
785.727.7873

(This was taken out of the Better Senior Living Magazine)

LET'S GET TOGETHER

Sullivan Square

Bring your own Chair

Thursdays in September

3 pm

Social distancing at your comfort level.

Masks required

VIRTUAL BINGO

You may participate by phone, computer or tablet.
Most importantly, we need to know if you are interested, so we can get your reusable cards to you. Cards can be picked up or dropped off. We'll be playing for FUN! If interested, please email



YES, I'M A SENIOR CITIZEN!

I'm the life of the party—even if it only lasts until 8 p.m.

I'm very good at opening child proof caps—with a hammer.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time because I can't hear a thing you're saying.

I'm sure everything I can't find is in a safe, secure place, somewhere.

I'm wrinkled, saggy, lumpy, and that's just my left leg.

I'm beginning to realize that aging is not for wimps.

Yes, I'm a SENIOR CITIZEN and I think I am having the time of my life!

Now if I could only remember who sent this to me, I wouldn't send it back to them, but I would send it to many more too!

September Birthdays

Kathy Brumley	Sept. 5
Doris Pratt	Sept. 6
Margie Wessling	Sept. 12
Marvin Jardon	Sept. 17

I WOULD LIKE TO ADD YOU TO THE BIRTHDAY CALENDAR! PLEASE LET ME KNOW YOUR SPECIAL DAY.