

Lifelong Recreation

WINTER
2020

REGISTER EARLY!

Don't wait to register! Classes can fill up quickly, so sign up now to avoid missing out on your favorite class! The Winter/Spring Activities Guide will be released Sunday, November 24. Online registration begins November 24, and you can register in person at any Parks and Recreation facility beginning Monday, November 25.



JOHN FORD FILM CLASS

Tuesday, February 11 - March 31 | 6:30 - 8:30 pm

Pioneer Ridge, 1000 Wakarusa Dr.

John Ford was one of the most respected directors in Hollywood and still holds the record for most Oscars. His narrative style helped to define America on the silver screen. Known for his westerns, Ford had a lot of range over his decades-long career including screen adaptations of classic literature. This session of our ongoing film study class will explore Ford's distinctive style, casting favorites and continuing influence on American film. Additional materials fees to view films may apply! Discussions are facilitated by Kelle Pratt, cinephile, classic film blogger, and Ambassador to the Turner Classic Movies (TCM) Festival.

Class Code: 227449-A | Fee: \$24



RESILIENT FALLING

Fridays, March 20 - March 27 | 2 - 4 pm

East Lawrence Recreation Center, 1245 E. 15th St.

This unique class combines instruction and active practice. Explore the components of balance: strengthening leg and core muscles, mindfulness, and being aware of hazards in your surroundings. We will actively practice balance challenges, falling safely and getting up. Participants must be able to get up from the floor with relative ease in order to participate fully. Instructor: Susan Rieger. *Class Code: 127322-A | Fee: \$26*



City of Lawrence
PARKS AND RECREATION

Recreation

BEGINNING UKULELE

Wednesday, January 29 - February 19 | 6:30 - 7:30 pm | Senior Resource Center, 745 Vermont St.

Wednesday, April 1 - April 22 | 6:30 - 7:30 pm | Senior Resource Center, 745 Vermont St.

This beginning uke course will cover tuning, basic chords and beginning strum patterns. Share the fun while learning to play commonly known songs. Students brand new to ukulele are welcome!

Ukuleles and tuners are not provided. If you are considering buying one, please contact the instructor before class and she will guide you in buying a good starter uke. Come share the joy of Aloha! Instructor: Linda Tilton | Class Code: 127410-A | Fee: \$34 • Class Code: 227410-A | Fee: \$34



INTERMEDIATE UKULELE

Wednesday, February 26 - March 18 | 6:30 - 7:30 pm

Senior Resource Center, 745 Vermont St.

Wednesday, May 6 - May 27 | 6:30 - 7:30 pm | Senior Resource Center, 745 Vermont St.

This course is for ukulele players who already know basic chords and chord progressions. Focus is on finger picking, reading tablature and advanced chord shapes such as bar and diminished chord shapes. Ukuleles and tuners are not provided. Come share the joy of Aloha! Prerequisite: Minimum of two sessions Beginning Ukulele courses or prior consent from teacher.

Instructor: Linda Tilton | Class Code: 127424-A | Fee: \$34 • Class Code: 227424-A | Fee: \$34

BEGINNING MINDFULNESS

Wednesday, February 19 - March 25 | 4:30 - 6 pm

Senior Resource Center, 745 Vermont St.

Mindfulness is a set of skills that anyone can learn with daily practice. It has been shown in numerous studies that it can lead to lower stress, better health and greater overall happiness. This class will teach the basic elements of mindfulness practice. Instructor: Dr. Jeff Nichols. Class Code: 127271-A | Fee: \$37



CONTINUING MINDFULNESS MEDITATION

Wednesday, April 15 - May 6 | 4:30 - 6 pm

Senior Resource Center, 745 Vermont St.

This is a continuation of Basic Mindfulness Meditation. Participants should have completed the Basic class or received other instruction in meditation prior to registering. Instructor is available to advise on suitability of class.

Instructor: Dr. Jeff Nichols. Class Code: 227297-A | Fee: \$26

MEDITATING ON THE POSITIVE

Wednesday, April 15 - May 6 | Senior Resource Center, 745 Vermont St.

We can nurture positivity in our lives and in the world by meditating on it. The class will offer several techniques and practice to do so. Instructor: Dr. Jeff Nichols. Class Code: 227297-A | Fee: \$26

Instruction

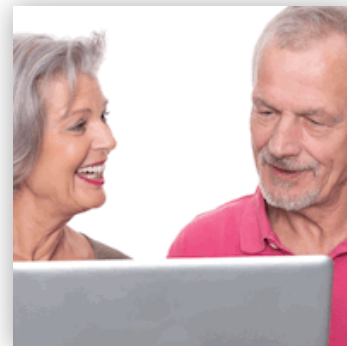
COMPUTER 101

Saturday, March 21 - April 4 | 2 - 3:30 pm

Community Building, Computer Room, 115 W. 11th St.

This class is designed for beginners or those with limited or no experience. It will cover computer components, basic computer terminology, moving and copying folders and files, desktop shortcuts, and an introduction to the Internet with hands on work at every lesson. Take home curriculum included. Instructor: Sharon Gan.

Class Code: 127147-A | Fee: \$32



COMPUTER 102: THE INTERNET AND BEYOND

Saturday, April 18 - May 2 | 2 - 3:30 pm

Community Building, Computer Room, 115 W. 11th St.

Designed for the Internet newbie, this class will work exclusively with the web browser Firefox. We'll research pop-up and ad blockers, how to download files, and manage bookmarks, refine your searches, and demystify Internet security. Take home curriculum included. Basic computer skills required. Instructor: Sharon Gan. *Class Code: 227606-A | Fee: \$32*

INTRO TO iPADS

Friday, March 20 - April 24 | 10 - 11:30 am

Community Building, Computer Room, 115 W. 11th St.

Thinking about getting an iPad or already own one and not sure if you are getting the most out of it? This class will be a demonstration and learning session, so please bring your device with you. iPads will also be available during class. We will cover the basic operation of the device and apps for recreation, health, education, finance, and socializing. Instructor: Karen Johnson | *Class Code: 127604-A | Fee: \$57*



JEWELRY RESTORATION AND REPAIR

Sunday, March 22 | 1:30 - 3:30 pm

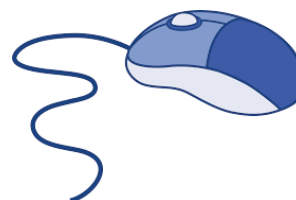
Community Building, Art Room, 115 W. 11th St.

Do you have pieces of broken jewelry that you no longer wear because they need repair or updating? Have you had single earrings, broken or sentimental pieces sitting in your jewelry box forever, but can't get rid of them? Bring three to four of those pieces, cleaned and sorted to make the best use of your time and learn how to restore or redesign them into something that you can proudly wear again. This is a hands on class so please bring a scissor and needle nose plier, prepared to create

new designs from your materials. Ear wires, clasps, restringing materials and adhesive will be available.

Instructor: Julie Kingsbury. *Class Code: 127323-A | Fee: \$30*

Skip the line! Register Online!
www.lprd.org





Receive a
\$10 discount when
you register for your
fitness class up to
two weeks
before it begins!

Fitness

AEROBIC DANCE AND TONE

Monday, Wednesday, Friday, January 6 - March 6 | 8:50 - 9:50 am

Monday, Wednesday, Friday, March 16 - May 15 | 8:50 - 9:50 am

Holcom Recreation Center, 2700 W. 27th St.

Aerobic conditioning followed by a toning and stretching segment to enhance balance and flexibility. Instructor: Teresa Kelley | Class Code: 127201-A | Fee: \$88

• *Class Code: 227201-A | Fee: \$88*



BEGINNING & ADVANCED SENIOR STRENGTH TRAINING

Monday, Wednesday, Friday | Holcom Recreation Center, 2700 W. 27th St.

Tuesday/Thursday | East Lawrence Center, 1245 E. 15th St.

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density.

Please refer to page 41 of the Activity Guide for schedule and instructor details.

DANCE FITNESS

Tuesday, Thursday, January 7 - March 5 | 9 - 10 am | Community Building, 115 W. 11th St.

Tuesday, Thursday, January 7 - March 5 | 5:30 - 6:30 pm | Senior Resource Center, 745 Vermont St.

Get your groove on with this fast-paced exercise class that stresses whole body fitness. Aerobic routines may be performed either at a high or low impact. Instructor: Rosie Shelton | 9 - 10 am | Class Code: 127250-A | Fee: \$70

• 5:30 - 6:30 | Class Code: 127250-B | Fee: \$70 • *For March dates, please see page 41 of Activity Guide.*

FITNESS FOR LIFE

Monday, Wednesday, Friday, January 6 - March 6 | 10 - 11 am

Monday, Wednesday, Friday, March 16 - May 15 | 10 - 11 am

Holcom Recreation Center, 2700 W. 27th St.

Fitness For Life combines a low-impact dance aerobic workout with strength training and stretching, which incorporates strength and balance training for improved coordination and agility. Instructor: Melanie Johnson

Class Code: 127256-A | Fee: \$88 • *Class Code: 227256-B | Fee: \$88*

JOINTS IN MOTION

Tuesday, Thursday, January 7 - March 5 | 5:30-6:30 pm

Tuesday, Thursday, March 17 - May 14 | 5:30 - 6:30 pm

Sports Pavilion Lawrence, 100 Rock Chalk Ln.

Designed specifically for people with Arthritis or joint problems, but open to anyone looking for gentle exercise.

Instructor: Jade Katz | Class Code: 127290-A | Fee: \$70 • *Class Code: 227290-B | Fee: \$70*



LIFELONG GENTLE STRETCH

Tuesday, Thursday, January 7 - March 5 | 10:45 - 11:35 am | Holcom Recreation Center, 2700 W. 27th St.

Tuesday, Thursday, March 17 - May 14 | 10:45 - 11:35 am | Holcom Recreation Center, 2700 W. 27th St.

Join us in exploring gentle yoga postures to find peace, stillness, and happiness while increasing strength and balance through yoga postures and breathing techniques. Instructor: Kristen Spencer.

Class Code: 127284-A | Fee: \$70 • *Class Code: 227284-A | Fee: \$70*

Instruction

PILATES SILVER

Tuesday, Thursday, January 7 - March 5 | 8:30 - 9:30 am

Tuesday, Thursday, March 17 - May 14 | 8:30 - 9:30 am

Holcom Recreation Center, 2700 W. 27th St.

Pilates is a modern approach to body conditioning that keeps you on the cutting edge of fitness. This class focuses on core muscles as well as strengthening and toning through stretching as the body moves. Instructor: Pat Middaugh

Class Code: 127204-A | Fee: \$70 • Class Code: 227204-A | Fee: \$70

SUPER SENIOR CIRCUIT

Monday, Wednesday, Friday | 7:30 - 8:20 am | 8:30 - 9:20 am | 9:30 - 10:20 am | 10:30 - 11:20 am

Tuesday, Thursday | 8:30 - 9:30 am • Sports Pavilion Lawrence, 100 Rock Chalk Ln.

In this "full body" group workout, every participant performs a total of ten to twelve different exercises in the circuit utilizing a combination of free weights, stability balls, and resistance bands.

Please refer to page 42 of the Activity Guide for class codes and instructor details.

TAI CHI FOR ALL

Tuesday, Thursday | January 7 - March 5 | 11:15 am - 12 pm | Holcom Recreation Center, 2700 W. 27th

Tuesday, Thursday | January 7 - March 5 | 5:30 - 6:15 pm | Carnegie Building, 200 W. 9th St.

This program is designed to improve health and quality of life for everyone. The movements are simple and can be adapted for all. Instructor: Susan Pomeroy | *Class Code: 127502-A or B | Fee: \$70*

For March dates, please see page 42 of the Activity Guide.

SLIMNASTICS

Monday, Wednesday, Friday, January 6 - March 6 | 9 am - 10 am

Monday, Wednesday, Friday, March 16 - May 15 | 9 am - 10 am

Community Building, 115 W. 11th St.

An exercise class for men and women that concentrates on muscle toning and strengthening. The focus is to tone and sculpt your muscles to create a healthy, well balanced body. You will need to bring a mat for the floor work. Instructor: Rosie Shelton | *Class Code: 127310-A | Fee: \$88 • Class Code: 227310-A | Fee: \$88*

LIFELONG YOGA

Stretch stiff muscles, and learn to correctly align your spine through slow progressive stretching. In this less-vigorous beginning class adapted for older adults, classes are available weekly or twice weekly at different locations. *Please refer to page 42 of the Activity Guide for schedule and instructor details.*

ZUMBA GOLD

Tuesday, Thursday | January 7 - March 5 | 10 - 11 am

March 17 - May 14 | 10 - 11 am

Holcom Recreation Center, 2700 W. 27th St.

Perfect for active older adults looking for a Zumba class that re-creates the original moves you love at a lower-intensity pace. Instructor: Susan Pomeroy

Class Code: 127102-A | Fee: \$70 • Class Code: 227102-A | Fee: \$70



Travel & Outdoors



HOW OLD IS THAT TREE?

Saturday, March 7 | 10 am - 12:30 pm

This is the most frequently asked question in our tree classes. On this tour, we'll explore the different ways to establish tree age, while viewing some old heritage trees at several locations around Lawrence. A highlight will be a visit to the McGregor Herbarium where we'll study tree rings from core samples of living trees, learn about tree growth, and tour the herbarium.

Instructor: Jon Standing. Class Code: 127461-A | Fee: \$26

WHAT'S THAT TREE?

Saturday, May 23 | 10 am - 12:30 pm

In this class we'll learn about the "Tree Walks" and how to identify and appreciate our native and ornamental trees in the spring. There will be two short walks on sidewalks along with good opportunities to sit down and study our collections.

Instructor: Jon Standing. Class Code: 227463-A | Fee: \$26



New/Updated LPRD Policies

- Registration is done on a first-come, first-served basis.
- Registration and payment in advance are required for all programs.
- All registrations must be accompanied by a completed registration form.
- Seniors age 60 and older receive a 10 percent discount on fitness classes only.
- A full refund can be provided at least five business days before the start of a class/activity.
- Up to two classes per session may be cancelled, without a makeup session, due to severe weather. Refunds and credits will not be issued.
- Classes and activities will not be pro-rated based on actual attendance.
- If the transfer from one class or activity to another can be accomplished so it does not impact the minimum or maximum number of program participants for either activity, such a transfer should be requested at least five business days in advance due the necessary approvals from both programs. Any additional cost of the new program must be paid at the time of the transfer to the new class.
- Classes cancelled by the Parks and Recreation Department due to low participation will be eligible for a full refund.
- Class withdrawals and refunds require approval from the programmer and/or a supervisor.
- If the participant is no longer able to participate in future classes due to serious illness or medical reasons, moving out of Douglas County, or safety considerations, they may receive a pro-rated credit for remaining classes if the withdrawal will not impact minimum participation requirements.

Travel



MAGICAL RHINE AND MOSELLE RIVER CRUISE

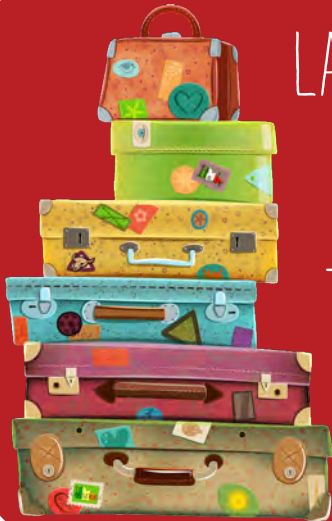
Monday, August 10, 2020 - Wednesday, August 19, 2020 |

Registration Deadline Wednesday, December 11, 2019

Join us for an exciting tour featuring Strasbourg and the romantic Rhine Valley. This journey brings you through one of the most historic and dramatic regions in all of Europe. Your tour opens in Amsterdam where you will board your ship for a 7-night cruise along the Rhine River. Your ship offers an array of amenities including outside staterooms, unlimited wine with every dinner, and daily on board musical performances. Local guides

will escort tours at daily stops in Amsterdam, Cologne, Cochem, Koblenz, Strasbourg, France and others. The stops blend centuries of history influenced by Roman, French, German, and Alsatian influences. Please note: a finite number of cabins are available on each deck and assigned on a first come, first served basis. Haydn (lower) deck: \$5,299 Dbl. ; Strauss (middle) deck: \$5,999; and Mozart (upper) deck: \$6,299

TRAVEL SHOW



LAWRENCE • WEDNESDAY, JANUARY 29 • 2 PM
HOLCOM PARK RECREATION CENTER | 2700 W. 27TH ST.

TOPEKA • THURSDAY, JANUARY 30 • 10 AM
PROPANE MARKETERS ASSOCIATION OF KS
540 N. BROAD ST., TOPEKA, KS 66608

Be among the first to learn about Lifelong Travel opportunities for the first half of 2020. This will be a year of expansion with more local destinations, special interest tours and outdoor excursions. Trips are open to adults of all ages and provide a chance to engage with others who share your interests, learn about new cities - or explore your own backyard, while leaving the details to us. Please note: Onsite registration for all Lifelong Travel will open at the travel show. Online and mail-in registration opens on Friday, January 31. Registration is on a first come, first served basis. Payment is required at the time of registration.

Fitness & Sports

BEGINNING TAI CHI

Tuesday, Friday, February 11 - May 8 | 9 - 10 am

Community Building, 115 W. 11th St.

Tai Chi is a graceful, low impact exercise especially suited to seniors. Tai Chi's relaxed performance calms the body, reduces emotional stress, and promotes clear thinking. This class practices the Yang style Tai Chi short form. Class Code: 127274-A | Fee: \$87



FENCING: MODERN OLYMPIC SPORT

Thursday, January 9 - March 5 | 7 - 9 pm

Thursday, March 19 - May 14 | 7 - 9 pm

Sports Pavilion Lawrence, 100 Rock Chalk Ln.

This fencing class is for both beginners as well as more experienced fencers in foil, epee and saber, emphasizing technique, tactics, strategy and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. Instructor: John Dillard, fencing instructor for 6 decades. Class Code: 127105-A | Fee: \$72

Class Code: 227105-A | Fee: \$72



FITNESS YOGA

Wednesday, January 8 - March 4 | 5:30 - 6:30 pm

Wednesday, March 18 - May 13 | 5:30 - 6:30 pm

Community Building, 115 W. 11th St.

Incorporate the benefits of yoga into your fitness routine. This class will combine conditioning work with strength and flexibility poses. Class includes floor work. Class Code: 127282-A | Fee: \$48 • *Class Code: 227282-A | Fee: \$48*

Personal Training



WHAT CAN I EXPECT?

Expect an hour tailored to you and your fitness goals. Training is available at any Lawrence Recreation Center, so you train at the location that is convenient for you and has the equipment to meet your needs.

BENEFITS OF PERSONAL TRAINING

- Accountability
- Reduced Risk of Injury
- Maintain Consistency
- Help Train With Medical Conditions
- Variety and Creativity in Your Workout
- Buddy Sessions Available
- Set the Stage for a Healthier Future
- Company and Encouragement

*Let us help! Personal Training packages with certified trainers are available through Lawrence Parks and Recreation!
For more information, contact Gayle Sigurdson at 785-832-7909*