

7940. Event is free to the public. Register today to be an exhibitor.

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|--------|-----------|----------|------|----------|-------|---------|
| 425180 | A | EXHIBITR | SU | 10AM-5PM | 11/16 | CB \$65 |

HOLIDAY EXTRAVAGANZA

The Holiday Extravaganza will be held **Saturday, December 6**, from 9 a.m.-4 p.m. at the **recreation center at Rock Chalk Park, 101 George Williams Way**. This arts and crafts show includes commercial and noncommercial items such as wire wrapped jewelry, contemporary handmade Native American potters, ornaments, tiles, bowls, rattles, beaded turtle zipper pull/pins, beaded bracelets and beaded earrings. Bath and body items, instant coffee mixes, handmade-crocheted hats and scarves, cutting boards, wick-less flameless, smokeless candles, dolls, wood crafts, Tupperware products, greeting cards and more. For more information, call (785) 832-7940.

This event is FREE to the public. Register today to be an exhibitor.

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|--------|-----------|---------|------|---------|------|----------------|
| 425200 | A | NONCOMM | S | 9AM-4PM | 12/6 | RCRCP-GY \$65 |
| 425200 | B | COMMERC | S | 9AM-4PM | 12/6 | RCRCP-GY \$105 |

BREAKFAST WITH SANTA-CHRIS CAKES

Ages: 3 to 12. Come have breakfast with your favorite jolly man. Santa will join us for a meal and holiday arts and crafts. We'll enjoy pancakes,

sausage, orange juice and water as we spread holiday cheer.

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|--------|-----------|-------|------|--------------|-------|--------|
| 425145 | A | CHILD | S | 8:30-11:30AM | 12/13 | CB \$7 |
| 425145 | B | ADULT | S | 8:30-11:30AM | 12/13 | CB \$9 |

CANDY CANE HUNT

Ages: 6 and Under. Rumor has it that Santa is going to be at the Holcom Park Recreation Center, 2700 W. 27th St., hiding candy canes for children from 4-6 p.m. After the hunt, we will warm up inside the center with some hot chocolate and cookies and listen to great holiday music. Registration deadline: Friday, November 28. For more information, contact Jamie Reed at (785) 832-7940.

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|--------|-----------|-------|------|-------|------|----------|
| 430505 | A | CANDY | S | 4-6PM | 12/6 | HPRC \$5 |

HOLIDAY HAPPENINGS

Come join the fun during your holiday vacation! We will do a variety of activities, including arts and crafts, games, sports and field trips. Registration deadline: Friday, December 19, 6:30 p.m.

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|--------|-----------|--------|------|---------------|----------|-----------|
| 425160 | A | HOLHAP | MTW | 8:30AM-3:30PM | 12/22-24 | HPRC \$65 |
| | | | MTW | | 12/29-31 | |

SPECIAL POPULATIONS

For more information on special population programs, please contact Annette Deghand, special populations supervisor, at the Community Building, 115 W. 11th St.; (785) 832-7920; TDD# (785) 832-3205; or adeghand@lawrenceks.org.

Programs consist of adapted and integrated leisure recreational activities for all individuals with disabilities. LPRD encourages individuals with disabilities to consider all programs offered by the department. If additional assistance is needed in these programs, call 832-7920.

MONTHLY NEWSLETTER

A special populations monthly newsletter, Talkin' Recreation, highlights new activities, events and trips. Many programs not published in this brochure are included. If you would like to be placed on the mailing list, call 832-7920 or e-mail the division.

SPECIAL EVENTS AND TRIPS

Trips and special events will be announced in the monthly newsletter with dates, times, fees and other information. Sign up and register for the trips by calling 832-7920. Tentative trips include: holiday lights, K.C. Royals, K.C. Chiefs, Kansas State Fair, New Dinner Theatre, concerts, shows and much more. Be sure to sign up for the monthly newsletter, so you won't miss out!

PROGRAMS

ACTING 101

Ages: 13 and Up. Enrollment Min 5 / Max 30. Do you feel like you have some acting skills just built up inside of you, wanting to get out? Now is your time to shine! This class will involve some acting, public speaking, skits, plays and maybe a chance to be a star of a play. Even if you don't want the spotlight totally on you, there is always a demand for the "extras" with every performance. Come join the fun and try something new. We'll practice lines and dance moves to a play, which will be open to the public during a final performance. Location and time are to be announced. Previous classes performed *The Wizard of Oz*, *Beauty and the Beast*, and several others. No class 10/6, 11/3, 12/1.

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|--------|-----------|--------|------|----------|------------|--------------|
| 422401 | A | ACTING | M | 6:30-8PM | 9/15-12/15 | CARN-HR \$32 |

ADULT ALL-STAR SPORTS LEAGUES

Enrollment Min 10/Max 40 (per league). The overall goal of the league is to provide an inclusive environment, which teaches individuals with and without disabilities the fundamentals of the sport, teamwork, sportsmanship and competition, all while having a great time. Awards for all players will be presented on the last night. Rules and adaptations are made to accommodate all levels and all abilities. Games will be held 7-8 p.m.

ADULT ALL-STAR SOFTBALL

Ages: 13 and Up. Enrollment Min 10 / Max 40.

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|--------|-----------|---------|------|-------|----------|-------------|
| 322220 | A | ADULTSB | F | 7-8PM | 8/1-9/26 | HOLCOM \$30 |

ADULT ALL-STAR VOLLEYBALL

Ages: 13 and Up. Enrollment Min 10 / Max 40.

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|--------|-----------|---------|------|-------|------------|--------------|
| 422220 | A | ADULTVB | F | 7-8PM | 10/3-11/21 | ELRC-GY \$30 |

PRE-COFFEEHOUSE DINNER

Fee includes dinner & Coffeehouse admission. Ages: 13 & Up. Enrollment Min 5 / Max 60. The first Monday of every month, a delicious catered meal will be served before Coffeehouse. Come join your friends and have a great time before tearing up the dance floor at Coffeehouse. Participants must pre-register for the dinner. No registrations will be taken on-site. Registration deadline is the 15th of every month prior to the dinner: May 15, June 15, July 15, August 15, September 15, October 15 and November 15. Sponsored in part by Hy-Vee on 6th St. and Phil Wente with ShowPro Audio.

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|--------|-----------|--------|------|----------|------|-----------|
| 322200 | A | DINNER | M | 5:45-7PM | 6/2 | CARN \$25 |
| 322200 | B | DINNER | M | 5:45-7PM | 7/7 | FG21 \$25 |
| 322200 | C | DINNER | M | 5:45-7PM | 8/4 | CARN \$25 |
| 422200 | A | DINNER | M | 5:45-7PM | 9/8* | FG21 \$25 |
| 422200 | B | DINNER | M | 5:45-7PM | 10/6 | FG21 \$25 |
| 422200 | C | DINNER | M | 5:45-7PM | 11/3 | FG21 \$25 |
| 422200 | D | DINNER | M | 5:45-7PM | 12/1 | FG21 \$25 |

*Second Monday of the month due to holiday.

COFFEEHOUSE

Fee: \$10, at the door or pre-register and have payment portion done prior to arrival. Ages: 13 & Up. Enrollment Min 5 / Max 50. An evening of dancing, refreshments, socialization, and live entertainment in a "coffeehouse" atmosphere. Join in on all the fun the first Monday of every month. Some months will have a live band while other months music will be provided by a D.J. Participants are required to pre-register. See Pre-Coffeehouse Dinner for more fun on these special evenings! Registration deadline is the 15th of every month prior to the dinner: May 15, June 15, July 15, August 15, September 15, October 15 and November 15.

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|--------|-----------|--------|------|----------|------|-----------|
| 322201 | A | CHOUSE | M | 7-8:30PM | 6/2 | CARN \$10 |
| 322201 | B | CHOUSE | M | 7-8:30PM | 7/7 | FG21 \$10 |
| 322201 | C | CHOUSE | M | 7-8:30PM | 8/4 | CARN \$10 |
| 422201 | A | CHOUSE | M | 7-8:30PM | 9/8* | FG21 \$10 |
| 422201 | B | CHOUSE | M | 7-8:30PM | 10/6 | FG21 \$10 |

| | | | | | | |
|----------|--------|---|----------|------|------|------|
| 422201 C | CHOUSE | M | 7-8:30PM | 11/3 | FG21 | \$10 |
| 422201 D | CHOUSE | M | 7-8:30PM | 12/1 | FG21 | \$10 |

*Second Monday of the month due to holiday.

FUNDAMENTALS OF ART

Fee includes all supplies. Ages: 13 and Up. Enrollment Min 5 / Max 15. Learn about different types of art mediums and crafts. Decorate your home with your projects or wrap your artwork to make great gifts. This class is innovative and creative, adapted for all artistic abilities. Each session will have a different theme that the project will be based on. (Summer) *Section A: Sand Art; Section B: Home decor; Section C: Paper Crafts.* (Fall) *Section A: Ceramics; Section B: Fall Holidays (Halloween and Thanksgiving); Section C: Ornaments and gifts.* **No class 11/25.**

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|----------|-----------|-----|-------|-------------|-------|------|
| 322191 A | SANDART | T | 7-8PM | 6/3-6/24 | CB-AR | \$30 |
| 322191 B | DECOR | T | 7-8PM | 7/8-7/29 | CB-AR | \$30 |
| 322191 C | PAPER | T | 7-8PM | 8/12-9/2 | CB-AR | \$30 |
| 422191 A | CERAMICS | T | 7-8PM | 9/16-10/7 | CB-AR | \$30 |
| 422191 B | HOLIDAYS | T | 7-8PM | 10/21-11/11 | CB-AR | \$30 |
| 422191 C | ORN&GIFT | T | 7-8PM | 11/18-12/16 | CB-AR | \$30 |

MUSIC & DANCE APPRECIATION

Ages: 13 and Up. Enrollment Min 5/Max 20. You love to listen to music, dance to your favorite tunes and maybe even sing along to the radio. But if you have ever wanted to try out an instrument, and learn to play one, or maybe learn to sing specific notes and follow along with the music... then this class is for you! The class will also be introduced to movement, music and rhythm. Participants will learn a wide range of skills and proper techniques to the latest moves, as well as traditional dances. **No class 7/7, 8/4. A music recital will be held 8/25.**

ADULT MUSIC APPRECIATION

Ages: 13 and up. Enrollment Min 5 / Max 20.

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|----------|-----------|-----|----------|----------|----------|------|
| 322405 A | MUSIC | M | 6:30-8PM | 6/9-8/25 | CARNEGIE | \$32 |

FIT-TRITION FUN WITH THE ORGAN WISE GUYS

Enrollment Min 5 / Max 20. Meet the OrganWise Guys: A fun cast of characters who will empower you to be healthy and smart from the inside out! The OrganWise Guys will teach you how to make choices in your daily life that will keep your organs happy and healthy. Participants will learn about health and nutrition through interactive games, the use of props and group exercises. **This class meets prior to Zumba and for an overall healthy lifestyle, participants are encouraged to enroll in both classes.**

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|----------|-----------|-----|----------|------------|-------|------|
| 322410 A | ADULT | R | 6-6:45PM | 6/5-7/24 | CB-AR | \$25 |
| 422410 A | ADULT | R | 6-6:45PM | 8/7-9/25 | CB-AR | \$25 |
| 422410 B | ADULT | R | 6-6:45PM | 10/2-11/20 | CB-AR | \$25 |

ADAPTIVE ZUMBA

Ages: 13 and Up. Enrollment Min 5 / Max 20. Zumba is rapidly becoming the next fitness sensation! Zumba is a lower impact, easy to follow, Latin inspired dance fitness workout that keeps you in the groove of life. Zumba is FUN, effective and simple and will give you an overall workout, all in a party-like exercise format. You don't have to know how to dance to do Zumba. Zumba is being held in place of NEWS so if you participated in NEWS, you've already been introduced to Zumba. **This class meets after Fit-trition Fun and for an overall healthy lifestyle, participants are encouraged to enroll in both classes.**

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|----------|-----------|-----|-------|------------|------|------|
| 322400 A | ZUMBA | R | 7-8PM | 6/5-7/24 | CB-2 | \$30 |
| 422400 A | ZUMBA | R | 7-8PM | 8/7-9/25 | CB-2 | \$30 |
| 422400 B | ZUMBA | R | 7-8PM | 10/2-11/20 | CB-2 | \$30 |

SOCIAL BOWLING

Ages: 13 and up. Meets at Royal Crest Lanes, 9th and Iowa St., 3-5 p.m. the third Saturday of every month, unless indicated otherwise (see monthly newsletter). Join the fun, meet new people and try your bowling skills. Includes bowling and shoe rental. Choose an option to meet your needs. *Requires pre-registration prior to the 15th of every month prior to the program, May 15, June 15, July 15, August 15, September 15, October 15, November 15.*

Option A — Enrollment Min 5 / Max 30. Bowling and dinner at the bowling alley. Dinner party will be held after bowling at Royal Crest Lanes. *Pre-registration and pre-payment is required. No on-site registration will be accepted.*

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|----------|-----------|-----|-------|-------|-----|------|
| 322300 A | BOWL | S | 3-5PM | 6/21 | RCL | \$25 |
| 322300 B | BOWL | S | 3-5PM | 7/19 | RCL | \$25 |
| 322300 C | BOWL | S | 3-5PM | 8/16 | RCL | \$25 |
| 422300 A | BOWL | S | 3-5PM | 9/20 | RCL | \$25 |
| 422300 B | BOWL | S | 3-5PM | 10/18 | RCL | \$25 |
| 422300 C | BOWL | S | 3-5PM | 11/15 | RCL | \$25 |
| 422300 D | BOWL | S | 3-5PM | 12/20 | RCL | \$25 |

Option B — Enrollment Min 5 / Max 10. Bowling Only, *Fee: \$10.* *Pre-registration and pre-payment is required. No on-site registration will be accepted.*

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|----------|-----------|-----|-------|-------|-----|------|
| 122301 A | BOWL | S | 3-5PM | 6/21 | RCL | \$10 |
| 122301 B | BOWL | S | 3-5PM | 7/19 | RCL | \$10 |
| 122301 C | BOWL | S | 3-5PM | 8/16 | RCL | \$10 |
| 222301 A | BOWL | S | 3-5PM | 9/20 | RCL | \$10 |
| 222301 B | BOWL | S | 3-5PM | 10/18 | RCL | \$10 |
| 222301 C | BOWL | S | 3-5PM | 11/15 | RCL | \$10 |
| 222301 D | BOWL | S | 3-5PM | 12/20 | RCL | \$10 |

SWIM TEAM

Ages: 13 and Up. Enrollment Min 5 / Max 25. It doesn't matter what swimming ability you are, this class is for all swimmers & walkers at all levels. Come splash, stretch, twist, shout and laugh, all while having fun in the water! Go at your own pace and have fun. Water exercises and strength training in the water will be included as well. *Class is for all abilities; it is not a one-on-one setting. NOTE:* First summer session is held at the Outdoor Aquatic Center and the other sessions will be held at the Indoor Aquatic Center. **No class 11/29.**

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|----------|-----------|-----|---------------|-------------|------|------|
| 322180 A | SWIMTEAM | S | 10:45-11:45AM | 6/7-7/26 | LOAC | \$30 |
| 422180 A | SWIMTEAM | S | 10:45-11:45AM | 8/23-10/11 | LIAC | \$30 |
| 422180 B | SWIMTEAM | S | 10:45-11:45AM | 10/18-12/13 | LIAC | \$30 |

SUMMER CAMPS — SEE YOUTH CAMPS — SUMMER, PAGE 59

HEALTHY WORKSHOPS

Ages: 13 and Up. Enrollment Min 5 / Max 20. If you are looking to learn a little bit more about what a healthy diet really means these workshops are for you. Each workshop will focus on a different aspect of healthy eating to help you reach your nutrition and wellness goals.

FOCUS ON FRUITS AND VEGETABLES

We all know eating more fruits and vegetables is important, but this is an opportunity to learn why. Summer is also the perfect time to eat a variety of local fruits and vegetables so we will learn about trying new produce and what it means to *"Eat the Rainbow."*

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|----------|-----------|-----|-------------|------|-------|------|
| 322410 A | FRUITVEG | W | 6:30-7:30PM | 6/25 | CB-AR | \$10 |

TOOLS FOR A HEALTHIER YOU

In this workshop we will talk about how to read food labels so you know you are making a good choice, as well as what to look for if you want to make healthier choices at the grocery store or when eating out.

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|----------|-----------|-----|-------------|------|-------|------|
| 322410 B | LABELS | W | 6:30-7:30PM | 8/20 | CB-AR | \$10 |

HEALTHIER OPTIONS FOR THE HOLIDAYS

It can be very tricky deciding what to eat around holidays, so this workshop will be all about how to make healthier choices while still enjoying some of your favorite treats.

| CODE | SEC CLASS | DAY | TIME | DATE | LOC | FEE |
|----------|-----------|-----|-------------|-------|-------|------|
| 422410 A | FRUITVEG | W | 6:30-7:30PM | 11/12 | CB-AR | \$10 |