

Life-long recreation provides opportunities in recreation to maintain an active lifestyle for those over 60 years old. If you have suggestions or ideas for future programs, please let us know. You can e-mail us at parksrec@lawrenceks.org. For more information on Life-Long Recreation programs, please contact Jo Ellis at (785) 832-7920.

FITNESS

MATS

Mats are no longer available for individual use through the Parks and Recreation Department. Participants are responsible for providing their own workout mat.

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

All LPRD fitness instructors are required to attend on-going workshops and in-service seminars to maintain current certification. CPR and First Aid certification are also required from our instructors. We are proud to ensure the best in a fun, safe environment. Participation in any activity does present an element of risk. LPRD recommends participants check with a physician prior to participation in a fitness class or sports activities.

AEROBIC DANCE EXERCISE

Ages: 60 and Up. Enrollment Min 10 / Max 50. Join our friendly class and have fun moving to lively music while you reap the many health benefits of aerobic conditioning. Increase your stamina and agility while improving your immune system and cardiopulmonary function through dancing. Enhance your balance, flexibility and muscle strength during the toning and stretching segment of class. Come be part of this group and gain the benefits! **Instructor: Nicki Listerman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115123	A	AEROBIC	MWF	8:50-9:50AM	1/6-3/7	HPRC-GY	\$62
215123	A	AEROBIC	MWF	8:50-9:50AM	3/24-5/16	HPRC-GY	\$55

A.M. WALKING CLUB

Need exercise? Then come down to the ELRC from 7-10 a.m., Monday through Friday. You'll get your heart pumping and have a great time building friendships with fellow walkers. **FREE!** For more information, contact Ross Schraeder at (785) 832-7950.



CYCLING — PEDAL PUSHERS

Ages: 60 and Up. Enrollment Min 6 / Max 14. This beginning course is designed for older adults with no indoor cycling experience. The benefits are endless, ranging from increased endurance to strengthening in your lower body, core and upper body, as well as being an excellent aerobic workout. *Individuals are responsible for the intensity of their own workout.* **Instructor: Vicki Lysen.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115353	A	PEDALPS	F	12-12:45PM	1/10-3/7	CB-CR3	\$34
215353	A	PEDALPS	F	12-12:45PM	3/28-5/16	CB-CR3	\$30

FITNESS FOR LIFE

Ages: 60 and Up. Enrollment Min 10 / Max 30. This low-impact aerobic class is designed specifically for the older adult. It combines an aerobic workout with stretching. As inactive people grow older they lose strength, mobility and balance, and it becomes harder for them to accomplish daily living activities. Our goals are to improve in the areas of balance, agility, cardiovascular fitness, flexibility and strength. Music from the Big Band era will lend to the fun atmosphere! **Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115261	A	FIT4LFE	MWF	10-11AM	1/6-3/7	HPRC-GY	\$62
215261	A	FIT4LFE	MWF	10-11AM	3/24-5/16	HPRC-GY	\$55



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PILATES SILVER

Ages: 60 and Up. Enrollment Min 10 / Max 20. Pilates is a modern approach to body conditioning that keeps you on the cutting edge of fitness. This class focuses on core muscles: hips, thighs and abdominals, as well as strengthening and toning through stretching as the body moves. Main Pilates principles include: flowing motion, breathing, flexibility, precision, centering and control. This class not only strengthens your body but your mind as well. **Instructor: Pat Middaugh.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115224 A	PILATES	TR	8:30-9:30AM	1/7-3/6	HPRC-BLY	\$46
215224 A	PILATES	TR	8:30-9:30AM	3/25-5/15	HPRC-BLY	\$41

SENIOR STRENGTH TRAINING, BEGINNING & ADVANCED

Ages: 60 and Up. Enrollment Min 10 / Max 20. Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights, resistance tubing and bands. Class includes a warm-up period and a post-workout stretch. **A physician's release is required prior to beginning of class. Advanced classes do floor exercises.** **Instructors: Cindy Baker (CB), Vicki Lysen (VL).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115333 A	BGSS(CB)	MWF	8-8:50AM	1/6-3/7	HPRC-HR	\$62
115333 B	ADSS(CB)	MWF	9-9:50AM	1/6-3/7	HPRC-HR	\$62
115334 A	ADSS(VL)	MWF	8:30-9:20AM	1/6-3/7	HPRC-BR	\$62
115334 B	ADSS(VL)	MWF	9:30-10:20AM	1/6-3/7	HPRC-BR	\$62
115334 C	ADSS(VL)	MWF	10:30-11:20AM	1/6-3/7	HPRC-BR	\$62
215333 A	BGSS(CB)	MWF	8-8:50AM	3/24-5/16	HPRC-HR	\$55
215333 B	ADSS(CB)	MWF	9-9:50AM	3/24-5/16	HPRC-HR	\$55
215334 A	ADSS(VL)	MWF	8:30-9:20AM	3/24-5/16	HPRC-BR	\$55
215334 B	ADSS(VL)	MWF	9:30-10:20AM	3/24-5/16	HPRC-BR	\$55
215334 C	ADSS(VL)	MWF	10:30-11:20AM	3/24-5/16	HPRC-BR	\$55

TAI CHI, BEGINNING

Ages: 60 and Up. Enrollment Min 10 / Max 20. This ancient Chinese movement improves strength, flexibility, concentration and balance by combining gentle physical movement and mental discipline. Slow movements also strengthen muscles and joints, not to mention reduces stress, fatigue and the risk of falls due to increased balance. **Co-sponsored with DCSS. Instructor: Susan Pomeroy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115501 A	BGTAI CHI	W	10-11:10AM	1/8-3/5	CB-CR2	\$32
215501 A	BGTAI CHI	W	10-11:10AM	3/26-5/14	CB-CR2	\$29

TAI CHI, ARTHRITIS FOUNDATION

Ages: 60 and Up. Enrollment Min 10 / Max 20. This program is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn. **Co-sponsored with DCSS. Instructor: Susan Pomeroy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115502 A	TAI CHI	MF	10-11AM	1/6-3/7	CB-DS	\$46
215502 A	TAI CHI	MF	10-11AM	3/24-5/16	CB-DS	\$41

YOGA

Ages: 60 and Up. Enrollment Min 10 / Max 15. Stretch stiff muscles and learn to correctly align your spine through slow progressive traction in this less-vigorous, beginning class adapted for older adults. While using the full capacity of the lungs through correct breathing, you will completely oxygenate the body and the brain, improving blood circulation and your sense of well being. **Co-sponsored with DCSS. Instructor: Annie Wilsey.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115270 A	YOGA	M	9:30-10:45AM	1/6-3/3	CB-CR2	\$39
215270 A	YOGA	M	9:30-10:45AM	3/24-5/12	CB-CR2	\$34

ZUMBA GOLD

Ages: 60 and Up. Enrollment Min 10 / Max 25. A completely new program designed for the active senior. Zumba is a fun, effective and simple fitness system that maximizes calorie output, fat burning and total body toning. The explosive Latin rhythm creates a fun atmosphere that delivers results, as well as a "feel happy" workout! You can still enjoy ZUMBA even if you have limited mobility. **Co-sponsored with DCSS.**

Instructor: Susan Pomeroy.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115004 A	ZUMBA	MW	7-7:55PM	1/6-3/5	DCSS	\$46
115004 B	ZUMBA	TR	9:30-10:30AM	1/7-3/6	HPRC-GY	\$46
215004 A	ZUMBA	MW	7-7:55PM	3/24-5/14	DCSS	\$41
215004 B	ZUMBA	TR	9:30-10:30AM	3/25-5/15	HPRC-GY	\$41





HOME & HOBBIES

ACRYLIC PAINTING CLASS

Ages: 60 and Up. Enrollment Min 6 / Max 20. Join Lori as she teaches acrylic painting to students of all levels of expertise. Supplies not included. If you already have supplies please bring them and if you are starting out and need assistance in getting supplies, please call Lori at (785) 917-0118. This class will meet every Saturday, 9:30 a.m. – noon at the Douglas County Senior Services. **Instructor: Lori Dalrymple.**

LAWRENCE HISTORICAL HOMES TOUR

Ages: 60 and Up. Enrollment Min 8 / Max 9. Travel through 100 years of Lawrence history. You will look and learn about two early homes from 1858, the Italianate style houses of the 1870s and 1880s, the large Victorian houses of the 1890s, the four squares of the 1900s, and finally consider the 1956 hyperbolic paraboloid house, now listed on the National Register of Historic Places. Co-sponsored with DCSS. **Instructor: Katie Armitage, co-author of *Nineteenth Century Houses in Lawrence, Kansas*.** For more information, contact Jo Ellis at (785) 832-7920.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
221700 A	HOMETOUR	W	10AM-12PM	4/23	DCSS	\$15

SPECIAL INTEREST — COMPUTERS/PERSONAL/FINANCE

COMPUTER 101

Ages: 60 and Up. Enrollment Min 6 / Max 12. This course is designed for those with little or no computer experience. We use hands-on training to help you become more comfortable while operating computers. You will learn terminology, parts of the computer, use of the mouse and keyboard, and get a general understanding of the computer. **Instructor: Andrew Torres.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121147 A	COMP101	T	6:30-7:30PM	1/14-2/18	RFP-CL	\$35
221147 A	COMP101	T	6:30-7:30PM	3/25-4/29	RFP-CL	\$35

MAKING COMPUTER VIDEOS NEW

Ages: 60 and Up. Enrollment Min 6 / Max 12. This class will show PC users how to make DVD videos of special occasions such as reunions, parties, vacations, weddings and birthdays. Participants will learn to incorporate still photographs or movie clips with captions and narrations and how to add music to enhance the DVD production. Students must bring pictures, movie clips, music, recordings on a flash drive or other devices, such as a DVD, CD, smart phone with cord or secure digital camera cards with USB adapters to the first class. **Instructor: Andrew Torres.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121146 A	COMPVID	S	2-4PM	2/22-3/1	RFP	\$25
221146 A	COMPVID	S	2-4PM	4/26-5/3	RFP	\$25

MEDICARE SEMINAR

Ages: 60 and Up. Join us for a lunch time information session about Medicare. We'll discuss the parts of Medicare, the choices to be made and the deadlines to make those decisions. If you have questions or are confused about Medicare, join us at the Douglas County Senior Center, located at Eighth and Vermont streets. **12 to 1 p.m. on Wednesdays, Jan. 15, Feb. 12, March 12, April 16 and May 14.**

TRIPS

TRAVEL CLUB

The Western Caribbean with Norwegian Cruise Line on the Norwegian Jewel. Jan. 25 to Feb. 3, 2014. Per person rate for inside cabin: Double — \$1,315. This trip includes round-trip motor coach from Lawrence to New Orleans, where you will board the Norwegian Jewel for a six-day cruise around the Caribbean with stops in Cozumel, Mexico; Belize City, Belize; Roatan, Bay Islands, Honduras; and Costa Maya, Mexico. At each stop, you'll have the opportunity to spend a day discovering the beautiful Caribbean sites at your leisure. ***Passport required; cost of trip also includes one stopover each way, port charges and government fees. For more information contact the Lawrence Senior Center at (785) 842-0543.**



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