



Lifelong recreation provides programs designed to maintain an active lifestyle for those over 50 years old. If you are younger than 50 years old but interested in any program in the 50-plus section of this guide, contact Gayle Sigurdson at (785) 832-7920 or [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org). We will be happy to enroll you, if space is available. Look for the **50+** throughout the guide to identify other programs designed with consideration of the interests and schedules of people age 50-plus. If have suggestions for programs — something you have always wanted to do, or something unusual, challenging or just more fun with a group — please share your ideas. Watch for our quarterly newsletter highlighting activities, events, trips and programs from the guide or activities planned after publication. If you would like to be placed on the mailing list, call (785) 832-7920, email [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org) or subscribe at [www.lawrenceks.org/subscriptions](http://www.lawrenceks.org/subscriptions).

Seniors (age 60-plus) receive a 10 percent discount excluding Eagle Bend Golf Course & Learning Center and travel. Classes with “NSD” at the end of the class description are additional classes to which the senior discount does not apply.

## FITNESS

Choosing the right fitness program will help you enjoy what you are doing and remain motivated over time. LPRD instructors can help guide you in adapting a class to your needs. To get you started, classes are rated one to three stars. For the best experience, consider your current fitness level and goals when registering. Still not sure? Guest passes are available for fitness classes. Use them to attend a single class session and make the right choice for your goals.

★ **Introductory:** Just starting to exercise or haven’t exercised in six months.

★★ **Intermediate:** Fairly active in sports, dance or some type of regular exercise (two to three times per week).

★★★ **Advanced:** Very active in sports or have been exercising four or more times per week for six months.

## PERSONAL TRAINING

Not sure where to start on your fitness goals? Personal training packages with certified trainers are available through LPRD at a variety of locations. Available packages include a fitness assessment, individual training or small group sessions. Contact Gayle Sigurdson at (785) 832-7920 to schedule an appointment.

## 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 ★★

**50+** Ages: 50 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
127201	A	AEROBIC	MWF	8:50-9:50AM	1/5-3/6	HPRC-GY	\$68
227201	A	AEROBIC	MWF	8:50-9:50AM	3/23-5/15	HPRC-GY	\$61

## A.M. WALKING CLUB

**50+** Need exercise? Then come down to the ELRC from 7 a.m. to 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 Stephen Mason at (785) 832-7950.

## CYCLING — PEDAL PUSHERS ★★

**50+** Ages: 50 and Up. Enrollment Min 6 / Max 14. This beginning course is designed for older adults with no indoor cycling experience. The benefits are endless, from increased endurance to strengthening 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
127222	A	PDPS	F	12-12:45PM	1/9-3/6	CB-CR3	\$34
227222	A	PDPS	F	12-12:45PM	3/27-5/15	CB-CR3	\$30

## FIT AFTER FIFTY <sup>NEW</sup> ★★

**50+** Ages: 50 and Up. Enrollment Min 10 / Max 30. Exercise while you’re in your prime. Fit After Fifty is designed for active adults and works on stability, balance and strength. **Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127253	A	FITFIFTY	TR	10-11AM	1/6-3/5	SPL-GY	\$54
227253	A	FITFIFTY	TR	10-11AM	3/24-5/14	SPL-GY	\$48

## FITNESS FOR LIFE ★★

**50+** Ages: 50 and Up. Enrollment Min 10 / Max 30. *Fitness For Life* combines a low-impact dance aerobic workout with strength training and stretching. For the first half of the class, we will dance to a variety of music including pop favorites from the 50s, 60s and 70s, country line dances, disco and music from the Big Band Era. The second half of class incorporates strength and balance training for improved coordination and agility, as well as increasing muscular strength and endurance. **Please bring a mat for the floor workout.** **Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127256	A	FIT4LFE	MWF	10-11AM	1/5-3/6	HPRC-GY	\$68
227256	A	FIT4LFE	MWF	10-11AM	3/23-5/15	HPRC-GY	\$61

## FLEXERCISE <sup>NEW</sup> ★

**50+** Ages: 50 and Up. Enrollment Min 10 / Max 30. This complete, entry-level program emphasizes safe and beneficial movements and routines that will increase your flexibility, strength and endurance. **Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127254	A	FLEXER	MWF	8-9AM	1/5-3/6	SPL-GY	\$68
127254	B	FLEXER	T	8:20-9:20AM	1/6-3/3	ELRC-MR	\$34
227254	A	FLEXER	MWF	8-9AM	3/23-5/15	SPL-GY	\$61
227254	B	FLEXER	T	8:20-9:20AM	3/24-5/12	ELRC-MR	\$30

## PILATES SILVER ★★

**50+** Ages: 50 and Up. Enrollment Min 10 / Max 35. 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
127204	A	PILATES	TR	8:15-9:15AM	1/6-3/5	HPRC-GY	\$54
227204	A	PILATES	TR	8:30-9:15AM	3/24-5/14	HPRC-GY	\$48

**SENIOR STRENGTH TRAINING, BEGINNING & ADVANCED ★★**

**50+** Ages: 50 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 and 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
127233	A	BGSS(CB)	MWF	8-8:50AM	1/5-3/6	HPRC-HR \$68
127233	B	ADSS(CB)	MWF	9-9:50AM	1/5-3/6	HPRC-HR \$68
127234	A	ADSS(VL)	MWF	8:30-9:20AM	1/5-3/6	HPRC-BR \$68
127234	B	ADSS(VL)	MWF	9:30-10:20AM	1/5-3/6	HPRC-BR \$68
127234	C	ADSS(VL)	MWF	10:30-11:20AM	1/5-3/6	HPRC-BR \$68
227233	A	BGSS(CB)	MWF	8-8:50AM	3/23-5/15	HPRC-HR \$61
227233	B	ADSS(CB)	MWF	9-9:50AM	3/23-5/15	HPRC-HR \$61
227234	A	ADSS(VL)	MWF	8:30-9:20AM	3/23-5/15	HPRC-BR \$61
227234	B	ADSS(VL)	MWF	9:30-10:20AM	3/23-5/15	HPRC-BR \$61
227234	C	ADSS(VL)	MWF	10:30-11:20AM	3/23-5/15	HPRC-BR \$61

**SILVER N' FIT <sup>NEW</sup> ★**

**50+** Ages: 50 and Up. Enrollment 10 / Max 30. A class where you will be working with hand weights, resistance bands and your own body weight. We'll get you moving and grooving to the music you're going to remember and love! **Instructor: LPRD staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127251	A	SILVFIT	TR	8:45-9:45AM	1/6-3/5	SPL-FR \$54
227251	A	SILVFIT	TR	8:45-9:45AM	3/24-5/14	SPL-FR \$48

**SILVER STEPPERS ★**

**50+** Ages: 50 and Up. Enrollment Min 10 / Max 20. Get ready to mix it up! This class is perfect for the stepper looking for something new. Fun step combinations will torch calories and get your heart pumping! Abs and stretching included. **Instructor: Susan Pomeroy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127252	A	SILVSTEP	W	8:45-9:45AM	1/7-3/4	ELRC-MR \$34
227252	A	SILVSTEP	W	8:45-9:45AM	3/25-5/6	ELRC-MR \$30

**SUPER SENIOR CIRCUIT ★★**

**50+** Ages: 50 and Up. Enrollment Min 8 / Max 12. This 50 minute "full body" group workout designed for the active senior adult, regardless of previous experience with strength training. Every participant performs a total of ten to twelve different exercises in the circuit utilizing a combination of machines, free weights, stability balls, and resistance bands. As a result, each participant will experience an improved level of strength and fitness as each participant performs every exercise at his or her current level of strength and fitness. Utilizing this common sense approach minimizes injury risk while maximizing improvement in functional strength and weight management, in addition to improved balance and agility. **Instructor: Cindy Baker.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127255	A	SUPCIRT	MWF	10:30-11:20AM	1/5-3/6	SPL-FR \$68
227255	A	SUPCIRT	MWF	10:30-11:20AM	3/23-5/15	SPL-FR \$61

**TAI CHI <sup>NEW</sup> ★**

**50+** Ages: 50 and Up. Enrollment 8 / Max 20. Tai Chi is a graceful, low-impact exercise especially suited to seniors. It consists of a series of slow-motion movements that increases body strength, enhances coordination and improves balance. Tai Chi's relaxed performance calms the body, reduces emotional stress and promotes clear thinking. Long practiced by people of all ages in China, Tai Chi is recognized in America as a way of carrying health and well-being into later life. **Instructor: Craig Vorhees.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127274	A	TAICHLLR	MW	10-11AM	1/5-3/4	CB-DS \$54
127274	B	TAICHLLR	M	6:45-7:45PM	1/5-3/2	CB-DS \$34
227274	A	TAICHLLR	MW	10-11AM	3/23-5/13	CB-DS \$48
227274	B	TAICHLLR	M	6:45-7:45PM	3/23-5/11	CB-DS \$30

**WALKING CLUB <sup>NEW</sup> ★**

**50+** Ages: 50 and Up. Enrollment Min 5 / Max 25. Walking indoors is an opportunity to work on your walking posture and form, free from obstacles.

Members of this group will meet to walk twice weekly. The time will include monthly screenings and other motivating tools to track progress and share success. **Instructors: LPRD Staff and community partners.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127235	A	WALKCLUB	TR	10-11AM	1/6-3/3	SPL-VR \$34
227235	A	WALKCLUB	TR	10-11AM	3/24-5/14	SPL-VR \$30

**YOGA ★**

**50+** Ages: 50 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.* **Instructors: Annie Wilsey (AW), Alison Dishinger (AD).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127270	A	YOGA(AW)	R	10-11AM	1/8-3/5	CB-DS \$34
127270	B	YOGA(AD)	M	5:15-6:15PM	1/5-3/2	CARN-EG \$34
227270	A	YOGA(AW)	R	10-11AM	3/26-5/14	CB-DS \$30
227270	B	YOGA(AD)	M	5:15-6:15PM	3/23-5/11	CARN-EG \$30

**YOGILATES FOR 50+ <sup>NEW</sup> ★★**

**50+** The best of both worlds — the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. This class will focus on coordination, balance and increasing your range of motion for a complete workout. Please bring a mat to class. **Instructor: Kelsie Middaugh.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127223	A	YGTSLLR	MW	7:15-8:15PM	1/5-3/4	HPRC-BR \$54
227223	A	YGTSLLR	MW	7:15-8:15PM	3/23-5/13	HPRC-BR \$48

**ZUMBA GOLD ★★**

**50+** Ages: 50 and Up. Enrollment Min 10 / Max 25. Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. **Instructors: Susan Pomeroy (SP), Amy Ash (AA), Katie Kutilek (KK).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127102	A	ZBGD(AA)	MF	8:30-9:30AM	1/5-3/6	SPL-GY \$54
127102	B	ZBGD(SP)	TR	9:30-10:30AM	1/6-3/5	HPRC-GY \$54
127102	C	ZBGD(KK)	T	7:30-8:25PM	1/6-3/3	SPL-FR \$34
127102	D	ZBGD(KK)	R	7:30-8:25PM	1/8-3/5	SPL-FR \$34
227102	A	ZBGD(AA)	MF	8:30-9:30AM	3/23-5/15	SPL-GY \$48
227102	B	ZBGD(SP)	TR	9:30-10:30AM	3/24-5/14	HPRC-GY \$48
227102	C	ZBGD(KK)	T	7:30-8:25PM	3/24-5/12	SPL-FR \$30
227102	D	ZBGD(KK)	R	7:30-8:25PM	3/26-5/14	SPL-FR \$30

Interested in Aquatic fitness? See the Aquatics section beginning on page 11. Look for the **50+** symbol.

**INSTRUCTION**

**BRIDGE 1**

**50+** Ages: 18 and Up. Min 8 / Max 16. This course is designed for the first time player or those interested in a review of the basics. Classes follow Audrey Grant's "Club Series," which lays the groundwork of Standard American bidding and introduces the basics of Play of the Hand and Scoring. Lessons focus on play and discussion of pre-dealt hands, which follow a step-by-step progression to facilitate to the process of learning. Lessons are fun, friendly and interactive. **Instructor: Don Brenneman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121112	A	BRIDGE1	W	9-11AM	1/14-2/18	SPL-VR \$40

**BRIDGE 2**

**50+** Ages: 18 and Up. Min 8 / Max 16. Designed for the first time player or those interested in a review of the basics. Classes follow Audrey Grant's "Diamond Series," which concentrates on the Play of the Hand, Opening Leads and Scoring. Lessons focus on play and discussion of pre-dealt hands, which follow a step-by-step progression to facilitate the process of learning. **Instructor: Don Brenneman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121113	A	BRIDGE2	W	9-11AM	3/18-4/22	SPL-VR \$40

**BRIDGE 3**

**50+** Ages: 18 and Up. Min 8 / Max 16. A course designed for the Advancing Player. Classes follow Audrey Grant's "Commonly Used Conventions," which introduces and follows a logical trek through Stayman, Jacoby Transfers, Major and Minor Suit Openings, Responses and Rebids, Weak 2-bids and Strong 2-Club Openings. Lessons will focus on play and discussion of pre-dealt hands, which follow step-to-step sequences designed to familiarize and solidify the concepts of Conventional Bidding. **Instructor: Don Brennaman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
221114	A BRIDG3	W	9-11AM	5/20-6/24	SPL-VR	\$40

**DANCE 101 FOR OLDER ADULTS**

**50+** Ages: 50 and Up. Enrollment Min 10 / Max 20. Dance has been a way of achieving mind-body centering for thousands of years. It promotes balance, agility, and strength through artful movements. This class will explore gestures of daily life, simple ballet and modern dance moves, gestures from works of art, and historic dance forms that were once done by people of all shapes and ages. Come and experience the benefits and joys of dancing in your own body and with other bodies. **No dance experience necessary. Instructor: Joan Stone, KU Professor of Dance, Emerita.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227404	A DANCE101	M	5:30-6:30PM	3/23-5/11	CB-DS	\$30

**BROADWAY DANCE**

**50+** Ages 50 and Up. Enrollment Min 6 / Max 12. Dance to the Broadway classics! Improve posture, balance and motor skills with a combination of Broadway jazz and tap moves to Broadway musical melodies! **Instructor: Gina Manglaracino.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127407	A BROADANC	T	1-2PM	2/3-3/10	CB-DS	\$30

**BIG BAND BALLROOM**

**50+** Ages 50 and Up. Enrollment Min 6 / Max 12. Come learn basic ballroom steps such as the Waltz, Foxtrot, Two Step, Swing, Polka, Latin Dances and much more! With or without a partner, you'll be "In the Mood" to dance and have fun! So be ready to put on your blue suede shoes and dance! **Instructor: Gina Manglaracino.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227406	A BBBALLRM	T	1-2PM	4/21-5/26	CB-DS	\$30

**MOSAIC**

**50+** Ages: 50 and Up. Enrollment Min 5 / Max 10. Recycle those chipped dishes and broken jewelry into one of a kind mosaic art. In this 2 day workshop you will learn to design, cut, glue, and finish a picture frame hand crafted from broken china and other found and repurposed objects. All materials are included, but you are welcome to bring your own china, beads, jewelry, etc. to personalize your creation. **Instructor: Deedee Walters.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227403	A MOSAIC	W	6-8PM	4/22-4/29	CB-AR	\$60

**BASIC FELTING TECHNIQUES**

**50+** Ages: 50 and Up. Enrollment Min 6 / Max 12. Felting is an age-old craft that creates beautiful pieces by applying moisture, heat and pressure to wool. This introductory class will teach techniques of wet felting, needle felting and recycling felt. Students will create two and three dimensional pieces, pre-felts and apply basic surface design techniques. **All supplies are provided. Instructor: LPRD staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127402	A FELTECH	M	6-8PM	2/2-2/23	CB-AR	\$45

**PAPIER-MÂCHÉ**

**50+** Ages 50: and Up. Enrollment Min 5 / Max 10. Most of us are probably familiar with this craft as a humble grade school project, but papier-mâché has a grand history. Because the medium is easily malleable, everything from dolls to curved furniture have been made from it. Learn the basic techniques for creating lightweight, strong pieces that easily lend themselves to ornamentation and surface design. **Instructor: Rose Campbell.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227405	A PAPMACH	F	1-4PM	3/27-4/17	CB-AR	\$45

**BUY, SELL AND TRADE SAFELY ON THE INTERNET**

**50+** Ages: 50 and Up. Enrollment Min 4 / Max 10. Are you trying to downsize, but find that your stuff is too few or too valuable for a garage sale? This class will teach you how to successfully and safely use the Internet to sell your items to a wider market. **Instructor: Ashlee Roll-Gregory.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227601	A BSTNET	M	6-7PM	3/9-3/30	RFP-CL	\$30

**COMPUTER 101**

**50+** Ages: 50 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. We will cover email, word processing and the Internet. **Instructor: Andrew Torres.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227147	A COMP101	S	2-4PM	3/7-3/14	RFP-CL	\$30

**CONTAINER GARDENING**

**50+** Ages: 50 and Up. Enrollment Min 5 / Max 20. Container gardens offer many benefits, including versatility, less disease and weeding, and accessibility — all in a small space. Join a master gardener just before the last frost and in time for Mother's Day. The class will discuss: containers, soil, sun/shade plants, watering and fertilizing. **Instructor: Susan Phillips.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227303	A CONTGARD	S	9-10AM	4/25	ELC-MR	\$5

**CREATING FAMILY ARCHIVES**

**50+** Ages: 50 and Up. Enrollment Min 8 / Max 40. This class is for those with a box of pictures, clippings and other family ephemera with which they are someday going to do something. Learn about different types of family archives, genealogy techniques and area resources that will guide you toward a defined plan for preserving your family history. **Instructors: LPRD Staff and community partners.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127603	A FAMARCH	T	7-8:30PM	2/17-3/17	CARN-H	\$40

**FACEBOOK FLUENCY**

**50+** Ages: 50 and Up. Enrollment 4 / Max 10. This class will start with creating a Facebook account and walk through how to safely use the many features that are available. Specific skills taught will include security features; posting pictures, links and videos; messaging and comments. It will end with a "brick wall" session to address individual questions and uses. **Instructor: Social Media Club of Lawrence.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227602	A FACEF	R	7-8PM	4/9-4/30	RFP-CL	\$30

**MAKING COMPUTER VIDEOS**

**50+** Ages: 50 and Up. Enrollment Min 4 / Max 8. 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 device (DVDs, CDs, 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
227146	A COMPVID	S	2-4PM	3/21-3/28	RFP	\$30



**MINDFULNESS, THE ART OF BEING PRESENT**

**50+** Ages: 50 and Up. Enrollment Min 5 / Max 12. Mindfulness is a set of skills that anyone can learn with daily practice. It has been shown in numerous studies to lead to lower stress, better health and greater happiness. This class will teach the basic elements of mindfulness practice.

**Instructor: Dr. Jeff Nichols.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127271	A	MINDFUL	W	6-7:30PM	2/18-3/25	CTR	\$35

**AMERICAN STANDARD MAH JONGG**

**50+** Ages: 50 and Up. Enrollment Min 4 / Max 12. This fascinating rummy-like game was originally played solely by the Chinese ruling classes. Now with patience and a few lessons, anyone can master the intricacies of this classic game. **Classes will meet at the Castle Tea Room.**

**Instructor: Pearl Neaves.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127304	A	ASMAHJ	W	7-9PM	2/18-3/25	CTR	\$35

**SOCIAL MAH JONGG**

**50+** Ages: 50 and Up. Enrollment Min 4 / Max 12. A simplified Mah Jongg game that will be familiar to rummy players. We will play with the beautiful Chinese tiles and an emphasis on fun over competition.

**Instructor: Beth Hart.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127301	A	SOMAHJ	M	2:30-4:30PM	1/5-3/2	DCSS	\$5
227301	A	SOMAHJ	M	2:30-4:30PM	3/23-5/11	DCSS	\$5

**BEGINNER SENIOR TENNIS**

**50+** Ages: 50 and Up. Enrollment Min 4 / Max 10. A player who is just starting to play tennis or who has limited playing experience and is still working primarily on getting the ball over the net. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127127	A	BEGTENNIS	R	11:30-12:30PM	1/15-3/5	JT	\$82
227127	A	BEGTENNIS	R	11:30-12:30PM	3/26-5/14	JT	\$82

**INTERMEDIATE SENIOR TENNIS**

**50+** Ages: 50 and Up. Enrollment Min 4 / Max 10. A player that can place shots with moderate success, can sustain a rally of slow pace and has knowledge of scoring but is not comfortable with all strokes. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127128	A	INTTENNIS	R	10:30-11:30AM	1/15-3/5	JT	\$82
227128	A	INTTENNIS	R	10:30-11:30AM	3/26-5/14	JT	\$82

**WINE TASTING NIGHT**

**50+** Ages: 50 and Up. Enrollment Min 12 / Max 40. Are you interested in learning more about the choosing and pairing of different varieties of wine? Join us for a relaxed night of tasting and discussing wines at the Cider Gallery with Cindy Reynolds from Somerset Ridge Vineyard & Winery. **Instructor: Cindy Reynolds.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227400	A	SINGLE	R	7-8:30PM	3/26	CG	\$25
227400	B	COUPLE	R	7-8:30PM	3/26	CG	\$40

**NATURE & OUTDOORS**

**WEDNESDAY WALKS**

**50+** Ages: 50 and Up. Enrollment Min 5 / Max 20. Walking with others increases your chance of success. This group will explore the many trails in the Lawrence Parks system. Most are paved with minimal grade changes. Meet at the trailhead at 9 a.m. and walk at your own pace for an hour. We will track progress and support each other's efforts. Schedule provided following enrollment. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227236	A	WEDWALK	W	9-10AM	4/1-5/13		\$10

**HIKER'S GUILD**

**50+** Ages: 50 and Up. Enrollment Min 6 / Max 13. Explore area trails, selected for their different views and terrains. We will drive (non-chartered bus) within 50 miles. Hike for an average of 3 to 5 miles, then enjoy a bag lunch and return. Rain dates follow one week later. **Depart from the Community Building. Return times vary.**

**GEORGE LATHAM TRAIL**

This 4.5 mile loop trail located near Berryton, Kansas is a favorite hike for spring because you can still admire panoramic views of the lake and steep, rocky ravines before thick foliage blocks the view. Well marked natural trail with elevation changes and variety of terrain. **This is a challenging hike for experienced hikers.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227237	A	HIKEGULD	S	9AM	3/28	CB	\$10

**PRAIRIE SPIRIT TRAIL/OTTAWA**

Part of the Rails to Trails system, we will walk and turn back for a 2 hour hike through prairie and farm land. Hard packed limestone with gentle elevation changes, shared use trail. **This is an average hike.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227237	B	HIKEGULD	S	9AM	4/11	CB	\$10

**SLOUGH CREEK POINT**

This interpretive trail near Perry Lake has 3 miles of paved trail through a variety of habitats, including native grasses and woods. **This is an accessible hike for all.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227237	C	HIKEGUILD	S	9AM	4/25	CB	\$10

**HIKER'S CHOICE**

Our only limit is the location must be within 50 miles of Lawrence. Hikers will vote on the earlier walks and the destination will be announced that morning.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227237	D	HIKEGULD	S	9AM	5/9	CB	\$10

See more outdoor programs in the Nature section beginning on page 25. Look for the **50+** symbol.

**TRAVEL**

**DAY TRIPS**

**50+** Ages 50 and Up. Trips depart from the Community Building. Prices include admission fees, tickets, gratuities, some meals, LPRD escort and transportation by chartered bus, non-chartered bus or vans. If you need to cancel and request a refund or credit, all non-refundable fees (show tickets, admissions, meals, etc.) and administrative costs will be deducted from the refund or credit. These amounts will vary depending on the trip. **For more information or specific itineraries contact Gayle Sigurdson at (785) 832-7920 or gsigurdson@lawrenceks.org.** You may also subscribe to the City of Lawrence's information updates by going to [www.lawrenceks.org/subscriptions](http://www.lawrenceks.org/subscriptions), entering your email at the top of the page and scrolling down to Recreation and Activities, then checking the box by Lifelong Recreation. You will need to confirm your subscription through a confirmation email that will be sent to you.

**SHEAR MADNESS – NEW THEATRE**

Enrollment Min 8 / Max 11. A renowned classical pianist is murdered in her apartment above the Shear Madness beauty salon, and you, the audience, interrogate the suspects, evaluate the clues and solve the mystery. Shear Madness is America's most popular and longest running play, now in its 25th year at Washington, D.C.'s, prestigious John F. Kennedy Center for the Performing Arts. **Registration deadline Wednesday, Dec. 5.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127801	A	NTHEATER	W	10:30AM-4PM	1/7	CB	\$60

**WWI MUSEUM**

Enrollment Min 8 / Max 12. Steeped in history, the National World War I Museum at Liberty Memorial is America's only museum dedicated to sharing the stories of the Great War through the eyes of those who lived it. Interactive displays, thought-provoking films and eyewitness testimonies help guide visitors through one of the largest collections of WWI artifacts in the world. We will have a guided tour with additional time available to explore the collection or have lunch on your own. **Fee includes admission and tour. Registration deadline Wednesday, Jan. 19.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127802	A	WWITOUR	W	9AM-2PM	1/28	CB	\$35

**STATE CAPITOL TOUR**

Enrollment Min 8 / Max 12. The Kansas State Capitol is an impressive public monument as well as the working offices for the governor and legislators. Over a century after it was originally completed, a significant preservation and restoration project was recently honored with the Medallion Award for Rehabilitation from the Kansas Preservation Alliance. Join us for a guided tour of the building, famous murals and visitor center. **Registration deadline Wednesday, Feb. 4.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127802	B	CAPTUR	W	9AM-12PM	2/18	CB \$25

**SOMERSET WINE TRIP**

Enrollment Min 8 / Max 15. We will start at the BBQ Shack featured on *Diners, Drive-ins and Dives* then ride the Miami Trolley along the Somerset Wine trail, stopping at four area wineries. **Registration includes trolley and wine tasting along the trail. Lunch on your own.**

**Registration deadline Monday, March 2.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227804	A	WINETOUR	S	10:30AM-6PM	4/18	CB \$50

**HAIRSPRAY — NEW THEATRE**

Enrollment Min 8 / Max 11. Hailed by the *New York Times* as “the best musical of the decade,” *Hairspray* is the story of a “pleasantly plump” mother and her teenage daughter in the 1960s ... both full figured and ready to fight for what’s right! **Registration deadline Wednesday, April 10.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227801	A	NTHEATER	W	10:30-4PM	5/13	DCSS \$60

**LAWRENCE HISTORICAL HOMES TOUR**

**50+** Ages: 50 and Up. Enrollment Min 8 / Max 9. Travel through 100 years of Lawrence history. You will look at 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 Foursquares of the 1900s and finally the 1956 hyperbolic paraboloid house, now listed on the National Register of Historic Places. **Departure will be from the Castle Tea Room, 1307 Massachusetts St. Instructor: Katie Armitage, co-author *Nineteenth Century Houses in Lawrence, Kansas.***

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
221700	A	HOMETOUR	W	10AM-12PM	4/22	CTR \$15

**TREE TREASURES TOUR**

**50+** Ages: 50 and Up. Enrollment Min 8 / Max 9. We’ll take a tour to appreciate and learn about the biggest and most beautiful trees of Lawrence. Emphasis will be on the biology, history and value of these remarkable specimens. **Instructor: Jon Standing.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227411	A	TREETRES	T	10AM-12PM	5/19	DCSS \$17

**REGIONAL TRIPS NEW****GRASSROOTS ART TOUR**

Ages: 50 and Up. Enrollment 12 / Max 20. Grassroots art is a term describing art made by people with no formal artistic training, using ordinary materials in an extraordinary way. It is best experienced in person and Lucas, Kan., is an exceptional opportunity to do so. The day will start with a picnic lunch near Bowl Plaza and the sculpture garden. Docent tours of the Grassroots Art Center and the Garden of Eden, S.P. Dinsmoor’s home and legacy that features concrete sculptures of biblical characters and his populist political beliefs. Time will be available for viewing other collections and studios around town. We’ll stop for a unique Kansas dinner on the way home (on your own.) Registration includes transportation, lunch and tours. **Registration deadline is April 17.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227803	A	GRAAT	S	9AM	5/2	CB \$50

**EXTENDED TRIPS NEW**

**50+** Extended trips are arranged through Collette Tours. Leave and return to Lawrence. Prices include air and ground transportation, four to five star lodging, most meals and guided tours. For trip booklets with detailed itinerary, contact Gayle Sigurdson at (785) 832-7920 or [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org).

**SOUTHERN CHARM TOUR**

**APRIL 18-24, 2015: 7 DAYS, 9 MEALS**

Tour begins in Jacksonville, Fla. From there we travel to the United States’ oldest city, St. Augustine, first settled in 1565. Upon arrival, enjoy a guided trolley tour highlighting the Old Spanish Quarter and historic Bayfront, “Old Town.” Day 3: Jekyll Island and St. Simons Island, the winter retreat of prominent Gilded Age families. Their grand “cottages” still stand. Travel north along the unspoiled Georgia coast of vast marshlands, winding rivers and beautiful beaches. Arrive in Savannah and enjoy a guided tour of Savannah’s sprawling Historic District, and visit Andrew Low Home and Gardens to learn about the driving force behind the Girl Scouts and its founder. Travel along the coast through South Carolina’s Low Country to the charming town of Beaufort, the “Queen of the Carolina Sea Islands.” Then, on to beautiful antebellum Charleston, where magnificent formal gardens grace much of the historic district. Charleston has survived the Civil War, major fires, an earthquake and hurricanes — and still exudes elegance, charm and grace. Enjoy a guided tour of the city highlighting the historic homes and restored buildings, some with origins prior to the Revolution. Stop at the battery overlooking Fort Sumter then explore one of America’s oldest working plantations, Boone Hall. **\$2,579 per person (double occupancy), \$3,379 per person (single occupancy). Final Payment due Tuesday, Feb. 17.**

**COMMUNITY PARTNERS****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. to noon at the Douglas County Senior Services. **Instructor: Lori Dalrymple.**

**MEDICARE SEMINAR**

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. **noon to 1:30 p.m. Wednesdays, Jan. 14, Feb. 11, March 11, April 15 and May 13.**

**AARP SMART DRIVER COURSE**

**50+** Refresh your driving skills with the AARP Smart Driver Course. You will learn defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. Plus, there are no tests to pass; simply sign up and learn. Upon completion you could receive a multi-year discount on your car insurance. **\$15 for AARP members or \$20 for non-members.** Lunch from noon to 1 p.m. on your own. **Please call Douglas County Senior Services at (785) 842-0543 to register.**

**ARTHRITIS FOUNDATION EXERCISE PROGRAM**

**50+** The Arthritis Foundation Exercise Program is a community-based recreational group exercise and education program designed specifically for people with arthritis and related diseases. The program’s multiple components help reduce pain and stiffness, and help maintain or improve mobility, muscle strength and functional ability. Each class includes a variety of exercises, endurance-building routines, relaxation exercises and health education topics. Individuals from basic to advanced capabilities will benefit from the program. This class is conducted by a trained and certified instructor in partnership with the local Arthritis Foundation chapter and Lawrence Parks and Recreation. **Classes meet in the spring on Tuesdays and Thursdays, 10 to 11 a.m. Fee: \$15.** Location: Lawrence Senior Center. **Please call Douglas County Senior Services at (785) 842-0543 to register.**

**WALK WITH A DOC NEW**

**50+** Walk with a Doc is a free, non-profit program for anyone interested in taking steps for their health. Bring friends and loved ones or come alone, and enjoy a refreshing, rejuvenating walk in the park. Physicians, specialists and healthcare professionals from your community will provide support and answer general questions. Come out and see what is happening in your community. Watch for more details in early 2015. Go to [lmh.org](http://lmh.org) or call Lawrence Memorial Hospital Connect Care at (785) 749-5800 for more information.