

Life-long recreation is a new section in the activities guide, providing opportunities in recreation to maintain an active lifestyle for those over 50 years old. If you have suggestions or ideas for future programs, please let us know.

RECREATION INSTRUCTION RECREATION INSTRUCTION - FITNESS AEROBIC DANCE EXERCISE

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; improve your immune system while developing a healthier heart, lungs and arteries. Enhance your balance, stability, muscle strength and endurance during the toning segment of class. Come be a part of this class and gain the benefits. **Instructor: Nicki Listerman.** For more information, contact Jo Ellis at (785) 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115123	A AEROBIC	MWF	8:50-9:50AM	1/5-3/6	HPRC-GY	\$54
215123	A AEROBIC	MWF	8:50-9:50AM	3/23-5/15	HPRC-GY	\$48

FITNESS FOR LIFE

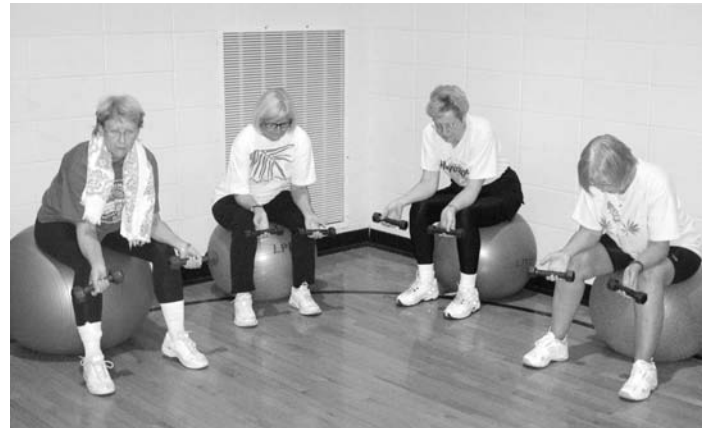
Ages: 50 and Up. Enrollment Min 8 / Max 30. Physical fitness is especially important for mature men and women. Keeping fit can actually delay the degenerative diseases associated with aging and thus help us to look and feel well. Class helps coordination, improves circulation, fortifies heart and lungs, and improves muscle tone. You will feel extra zest, improved self image, independence, and extra energy to help you feel "young at heart." You don't stop exercising because you get old, but you get old because you stop exercising. **Instructor: Wilma Elder.** For more information, contact Jo Ellis at (785) 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115261	A FIT4LIFE	MWF	10:05-11:05AM	1/5-3/6	HPRC-GY	\$54
215261	A FIT4LIFE	MWF	10:05-11:05AM	3/23-5/15	HPRC-GY	\$48

PATH (PERSONAL AWARENESS TOWARDS HEALTH)

Ages: 50 and Up. Enrollment Min 15 / Max 30. This unique program is designed to help people ages 55 and over develop a healthier lifestyle and retain functions necessary to maintain independence. Learn about the values of healthy eating through low-fat cooking, simple meals and food habits. Participants will sample all meals and have recipes to take home. The exercise portion will work on building strength through group exercise by improving agility, balance, coordination, flexibility, strength and endurance.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
215270	A PATH	TR	9-11AM	3/24-4/30	ELRC-MR	\$25



SENIOR STRENGTH TRAINING

Ages: 50 and Up. Enrollment Min 12 / Max 20. Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups and increasing muscle mass and bone density. Class is designed to include functional movement patterns to enhance daily living activities. A variety of strength training equipment will be used, including universal machines, free weights and resistance tubing and bands. Class includes a warm-up period and a post-workout stretch. **NOTE: A physician's release is required prior to beginning of class.** **Instructor: Wilma Elder/Vicki Lysen.** For more information, contact Jo Ellis at (785) 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115333	A SRBEGWE	MWF	8:05-9AM	1/5-3/6	HPRC-HR	\$54
115334	A SRINTVL	MWF	8:30-9:20AM	1/5-3/6	HPRC-BR	\$54
115334	B SRINTVL	MWF	9:30-10:20AM	1/5-3/6	HPRC-BR	\$54
115334	C SRINTVL	MWF	10:30-11:20AM	1/5-3/6	HPRC-BR	\$54
215333	A SRBEGWE	MWF	8:05-9AM	3/23-5/15	HPRC-HR	\$48
215334	A SRINTVL	MWF	8:30-9:20AM	3/23-5/15	HPRC-BR	\$48
215334	B SRINTVL	MWF	9:30-10:20AM	3/23-5/15	HPRC-BR	\$48
215334	C SRINTVL	MWF	10:30-11:20AM	3/23-5/15	HPRC-BR	\$48

YOGA

Ages: 50 and Up. Enrollment Min 8 / Max 15. A less vigorous beginner's class adapted for older adults. Stretch stiff muscles and learn to correctly align your spine through slow, progressive traction. 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.** For more information, contact Jo Ellis at (785) 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115271	A YOGA	M	9:30-10:45AM	1/12-3/2	SPRC-FR	\$42
215271	A YOGA	M	9:30-10:45AM	3/23-5/11	SPRC-FR	\$42

ZUMBA GOLD

Ages: 50 and Up. Enrollment Min 8 / Max 20. A completely new program designed for the active senior. Zumba is a fun, effective and simple fitness system that will maximize 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. **Instructor: Susan Pomeroy.** For more information, contact Jo Ellis at (785) 832-7930.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115004	A ZUMBA	TR	9:15-10:15AM	1/6-3/5	SPRC-FR	\$40
215004	A ZUMBA	TR	9:15-10:15AM	3/24-5/14	SPRC-FR	\$35

TRIAD
Leasing Company Your Rent-To-Own Center
Visit Our Showroom at 23rd & Haskell
Call today or check us out on the web at www.renttoowncenter.com

FURNITURE • ELECTRONICS • APPLIANCES
Retail • Lease Purchase
842-8505
VISA • MASTERCARD
DISCOVER

RECREATION INSTRUCTION – SPECIAL INTEREST

ADVENTURE WALK ^{NEW}

Ages: 50 and Up. Enrollment Min 6 / Max 12. Take this opportunity to enjoy Mother Nature at her best! Meet new people or join old friends and neighbors as you get the exercise that we all need! We will meet at the South Winds Theatre, 3433 Iowa Street, and walk to the Lawrence Rotary Arboretum Gazebo, 5100 West 27th Street, using the SLT. Everyone, make sure to pack yourself a picnic lunch and we will enjoy the serenity of nature as we dine at the gazebo. Transportation will be provided on the return trip to the theatre parking lot. If the weather interferes, we will meet at a local restaurant for lunch on your own. *This event is co-sponsored with JCPRD.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
221750	A	ADVWALK	R	10AM-12PM	4/9	SLT \$5

COOKING FOR GRANDKIDS ^{NEW}

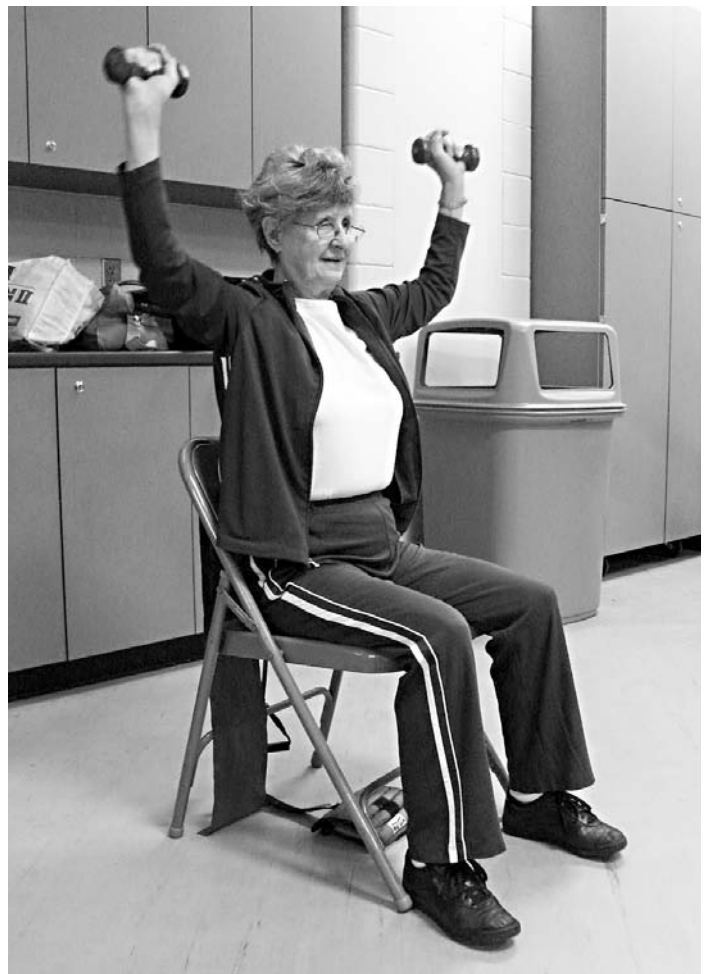
Ages: 50 and Up. Enrollment Min 6 / Max 15. Are your grandkids finicky eaters? Do you resort to fast food and pizza when they visit? Here's the chance to learn about some delicious, kid-friendly meals that everyone will enjoy. Use these recipes to cook up some quality time with your grandchildren! **Instructor: Connie Detweiler.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
221900	A	GRANDKID	T	6-7:30PM	4/21	ELRC-MR \$24

HISTORICAL HOME TOUR

Ages: 50 and Up. Enrollment Min 8 / Max 13. Let's take a bus ride and drive through one hundred years of Lawrence history. We will look at and learn about two early homes from 1858, the Italianate style houses of the 1870's and 1880's, the large Victorian houses of the 1890's, the four squares of the 1900's, and finally consider the 1956 hyperbolic paraboloid house, now listed on the National Register of Historic Places. The tour will be guided by Katie Armitage, co-author of Nineteenth Century Houses in Lawrence, Kansas. *Co-sponsored with DCSS.* **Instructor: Katie Armitage.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
221700	A	HOMETOUR	W	10AM-NOON	5/6	DCSS \$10



NEED TO KNOW BASIS! ^{NEW}

Ages: 50 and Up. Enrollment Min 8 / Max 15. Do you "need to know" how to operate your digital camera, send a "text message" or how to store phone messages in your cell phone? Is your television set ready for the change coming in 2009? Come join us and find out all you need to know about these gadgets. We will explore different and sometimes baffling pieces of equipment each week and hopefully solve some problems you might be encountering. **Instructor: Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121141	A	BASIS	W	6-7:30PM	1/7-1/21	ELCR-MR \$15
221141	A	BASIS	W	6-7:30PM	4/22-5/6	ELCR-MR \$15

WHERE'S THE BEEF? ^{NEW}

Ages: 50 and Up. Enrollment Min 6 / Max 15. Not on this table! We'll stir up a few Vegetarian meals and you won't miss the meat. Fee covers food costs. **Instructor: Connie Detweiler.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
221901	A	WHEBEEF	M	6-7:30PM	4/7	ELRC-MR \$24

SPORTS

AM WALKING CLUB

Need exercise? Then come down to the ELRC from 7-10 a.m., Monday through Friday. You will not only get your heart pumping but also have a good time building friendships with fellow walkers. **FREE!** For more information, contact Ross Schraeder at (785) 832-7950.



Equipment Rental • Contractor • Homeowner • Unloader • Dollies • Cement Finishers • Scissor Lifts
Forklifts • Trenchers • Scaffolding • Boomlifts • Paint Equipment • Party Supplies • Canopies

3301 W. 6th • 832-8767

7:30-5:30 Mon-Sat • Sun 9-4

Toll Free 1-800-294-8767