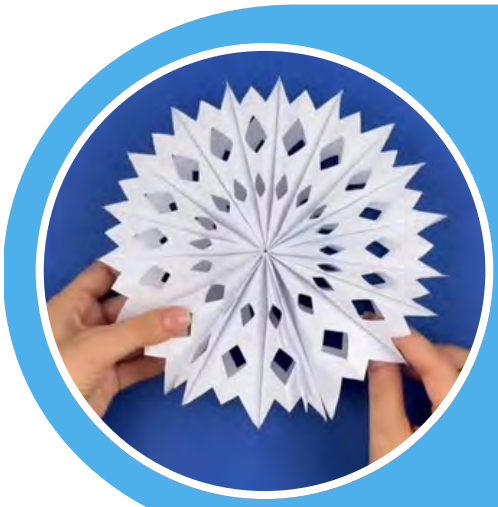
FALL 2026

LIFELONG RECREATION

NEWSLETTER



CREATIVE SNOWFLAKES

Sunday, 12/13 | 1 - 3:30 pm | $24

This workshop will focus on two types of paper snowflakes: 2-D and 3-D. You'll learn ways to cut the paper to create multiple patterns and shapes as well as unique folds and swirls. Bring your creative papers, ribbons, and sparkles to decorate! Hot tea and hot chocolate will be served for a creative winter afternoon. Ages 15 and older welcome for an intergenerational experience. Instructor: Kim McDaneld *Class Code: 427487*

GELLI PRINTING: DRAWING & COLLAGE

Sunday, 10/11 - 10/18 | 1 - 3:30 pm | $44

If you are new to gelli printing or an experienced printmaker, join us for two Sundays expanding on your technique. Learn how to use a gelli plate, explore mark making, the use of drawing materials and stencils to create texture and multiple layers of color and images-all without a press! Instructor: Kim McDonald.

Class Code: 427331

WALKING SOCCER

Drop-In Games, Wednesdays | 1:30 pm | Indoor Soccer Pitch Sports Pavilion Lawrence | Free

Walking Soccer is the perfect way for adults 50+ to stay active, socialize, and have fun! This low-impact version of the game is just like it sounds—no running, no hard tackles, and no intense competition. Instead, enjoy friendly matches, light exercise, and plenty of laughs. A Pavilion membership or day pass is required, and no registration is necessary. Come give it a kick!

FITNESS CLASSES

AEROBIC DANCE & TONE
MWF | 8:50 - 9:50 am | Holcom

Exercise has never been so fun! Get moving with fun, lively music from all eras that will condition and strengthen your body. Then tone and stretch with a variety of moves and equipment that will focus on core stability, strength, balance and flexibility. This total body package will keep you looking and feeling young.
Instructor: Teresa Kelley.
Class Code: 427201-A | 9/14 - 10/23 | Fee: $72
Class Code: 427201-B | 10/26 - 12/11 | Fee: $72

CORE STRENGTH
TR | 1 - 1:40 pm | SPL

Core exercises train the muscles in your pelvis, lower back, hips, and stomach to work in harmony. This leads to better balance and stability. This class will focus on strengthening your core, which is essential for overall wellness. Instructor: Stephanie Foglesong.
Class Code: 427411-A | 9/15 - 10/22 | Fee: $57
Class Code: 427411-B | 10/27 - 12/10| Fee: $57

DANCE FITNESS
TR | 9 - 10 am | Community Building

Experience a total body, cardio workout through a variety of easy-to-follow dance routines set to old and new favorites. Simple enough for beginners, yet challenging for advanced students. *Instructor: Rosie Shelton*
Class Code: 427250-A | 9/15 - 10/22 | Fee: $57
Class Code: 427250-B | 10/27 - 12/10 | Fee; $57

GOLDEN GROOVE & TONE (FORMERLY LABLAST)
TR | 10 - 11 am | Holcom

The best of all worlds! This class combines the fun of dancing with benefits of light strength/resistance training. Use of equipment is always optional! Modifications will always be available for all fitness and/or mobility levels. No floor exercises. Get fit, feel strong, and have fun!
Instructor: Susan Pomeroy.
Class Code: 427302-A | 9/15 - 10/22 | Fee: $57
Class Code: 427302-B | 10/27 - 12/10 | Fee: $57

MINDFUL STRENGTH YOGA
W | 5:30 - 6:30 pm | Community Building

This class blends foundational Hatha yoga postures with steady vinyasa flow sequences to build strength, flexibility, balance, agility, endurance, and mental focus. Emphasis is placed on mindful alignment, controlled transitions, and cultivating awareness in both body and breath. Participants are encouraged to move at their own pace, and the class uses detailed instruction for ease of participants with low vision. *Instructor: Fran Hopkins*
Class Code: 427300-A | 9/16 - 10/21 | Fee: $32
Class Code: 427300-B | 10/28 - 12/9 | Fee: $32

LIFELONG YOGA
T | 10:15 - 11:15 amv| Community Building
R | 10:15 - 11:15 am | Community Building

Stretch stiff muscles and learn to correctly align your spine and body through less-vigorous Yoga poses. This beginning class is adapted for older adults focusing on strengthening, mobility, balance, and bringing awareness to our breath with movement. *Instructor: Susan Thomas.* NOTE: Class will meet at 10:15.
T | Class Code: 427270-A | 9/15 - 10/20 | Fee: $32
R | Class Code: 427270-B | 9/17 - 10/22 | Fee: $32
T | Class Code: 427270-C | 10/27 - 12/8 | Fee: $32
R| Class Code: 427270-D | 10/29 - 12/10 | Fee: $32

PILATES SILVER
TR | 9 - 9:50 am | Holcom

Pilates is a modern approach to body conditioning that keeps you on the cutting edge of fitness. This class focuses on core hips, thighs, and abdominal muscles, as well as strengthening and toning through stretching as the body moves. *Instructor: Pat Middaugh.*
Class Code: 427204-A | 9/15 - 10/22 | Fee: $57
Class Code: 427204-B | 10/27 - 12/10 | Fee: $57

SLIMNASTICS
MWF | 9 - 10 am | Community Building

Concentrating on muscle toning and strengthening all muscle groups, this class will focus on toning and sculpting your muscles to create a healthy, well-balanced body. Exercises are done to music but there are no routines to learn. Bring a mat for floor workout.
Instructor: Rosie Shelton.
Class Code: 427310-A | 9/14 - 10/23 | Fee $72
Class Code: 427310-B | 10/26 - 12/11 | Fee: $72

FITNESS CLASSES

SENIOR STRENGTH TRAINING
MWF | 7:30, 8:30, 9:30, 10:30 am | Holcom
T/TR | 8:30, 9:30 am | East Lawrence Recreation Center

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. Some classes include floor workouts. Students should bring a mat.

SUPER SENIOR CIRCUIT
MWF | 7:30, 8, 8:30, 9, 9:30, 10, 10:30 am, 1 pm | SPL
T/TR | 7:30, 8:30, 10 am | SPL
T/TR | 10:30 am | Community Building

This 50-minute "full-body" group workout is designed for the active senior adult, regardless of previous experience with strength training. Every participant performs a total of ten to 12 exercises in the circuit utilizing a combination of free weights, stability balls, and resistance bands. *See insert for instructors, location, and codes and fees.*

TAI CHI FOR BALANCE, MOBILITY, & JOY IN MOTION
MW | 11:15 am - 12 pm | Holcom
TR | 12:15 - 1 pm | Holcom

This class is led by a certified instructor of Dr. Paul Lam's Tai Chi for Health Institute. It focuses on comfortable stances and smooth, agile steps that build lower body strength without straining joints. It is ideal for fall prevention. No prior experience or special equipment is needed. No floor exercises are involved. Sun Style Tai Chi is gentle and low impact. Chairs will be provided for participants who wish to be seated during class. Class instructors are trained and certified by the TCHI. Participation requires no equipment or floor work. *Instructor: Susan Pomeroy*.
MW | Class Code: 427503-A | 9/14 - 10/21 | Fee: $57
TR | Class Code: 427503-B | 9/15 - 10/22 | Fee: $57
MW | Class Code: 427503-C | 10/26 - 12/9 | Fee: $57
TR | Class Code: 427503-D | 10/27 - 12/10 | Fee: $57

SUN 73 INTERMEDIATE TAI CHI
TR | 11:15 am - 12 pm | Holcom
TR | 5:30 - 6:15 pm | Community Building

Ready to take your Sun style tai chi to the next level? This class is led by a certified instructor of Dr. Paul Lam's Tai Chi for Health Institute. We will be shifting focus from WHAT movement comes next to HOW to transition between them. More focus on intentional movement and smooth weight shifting will help keep our minds sharp and our bodies more agile. Prior experience in Sun style tai chi is recommended, but not mandatory, for class enrollment. No special equipment is needed. Formerly Tai Chi for All *Instructor: Susan Pomeroy*
Class Code: 427502-A | 9/15 - 10/22 | Fee: $57 | Holcom
Class Code: 427502-B | 9/15 - 10/22 | Fee: $57 | CB
Class Code: 427502-C | 10/27 - 12/10| Fee: $57 | Holcom
Class Code: 427502-D |10/27 - 12/10 | Fee: $57 | CB

TRX FLEX FUSION
TR | 9 - 9:45 am | Sports Pavilion

Looking for a perfect blend of strength and balance exercises for a stable core? TRX Flex Fusion combines full-body strengthening with flexibility training to increase mobility and resilience. This quintessential TRX experience will lead you down the road to your best all-around fitness. *Instructor: Melanie Johnson*
Class Code: 427340-A | 9/15 - 10/22| Fee: $57
Class Code: 427340-B | 10/27 - 12/10 | Fee: $53

YOGA FOUNDATIONS
TR | 9-9:50 am | Holcom
TR | 10-10:50 am | Holcom

This class includes poses that improve balance, strength, and mobility. Breathing exercises and guided relaxation will help enhance mental well-being and reduce stress. For students new to yoga or looking to maintain an active lifestyle. This class is designed for students who are able to get up and down on and off the floor without assistance.
Instructor: Kim McDaneld
Class Code: 427202-A | 9/15 - 10/22 | 9 - 9:50 am | Fee: $57
Class Code: 427202-B | 9/15 - 10/22 | 10-10:50 am | Fee: $57
Class Code: 427202-C | 10/27 - 12/10 | 9 - 9:50 am | Fee: $57
Class Code: 427202-D | 10/27 - 12/10 | 10-10:50 am | Fee: $57

FILM STUDY: JOAN CRAWFORD

Wednesday, 9/9 - 10/28 | 6:30 - 9 pm | $32

Join local film historian Kellee Pratt in a deep dive into one of the biggest stars of the Golden Age of Hollywood, Joan Crawford. From movies to myths, she remains a polarizing figure that continues to dominate headlines to this day. We'll explore her career through a curated selection of her films and historical insights with engaging discussion. *Class Code: 427449*

BAROQUE RECORDER - A LIFELONG INSTRUMENT

Beg/Inter | Monday, 9/14 - 12/7 | 12:45 - 1:45 pm | $120
Advanced | Monday, 9/14 - 12/7 | 11 am - 12 pm | $120

Have you always wanted to play a musical instrument, or did you participate in music during school? We will explore the Baroque recorder as a wonderful vehicle for making music as a lifelong learner. As you begin to play, you can create beautiful sounds on the recorder and enjoy an authentic musical experience. New members –please call 785-832-7909, and the instructor will guide you to the ensemble that best fits your ability. *Instructor Jean Hein is a founding members, recorder soloist and executive director of Columbia Baroque, South Carolina's professional chamber ensemble. Class Code: 427478*

ADULT SCHOLARSHIPS

★ ADULT SCHOLARSHIP PROGRAM

Please remember to ask about our Adult Scholarship Program. Eligible participants can receive 50% off activity fees (trips are not included), up to $200 per year. To qualify, you must fill out an application form, plus provide proof that you receive state or federal assistance benefits (like KanCare or SNAP). Please note that Social Security and Medicare do not qualify as they are not income-based programs.

★ QUALIFIED ACCESS MEMBERSHIP

Low-income residents are eligible for a Qualified Access Membership using the guidelines of the Adult Scholarship requirements.. A Qualified Access Membership receipents will receive a free annual Recreation Center Membership. For more information, please visit www.lawrenceks.gov/prc