NOVEMBER 2026

# MONTHLY BUZZ

***Unified Recreation programs provide adapted and inclusive recreation opportunities for individuals with disabilities. Parks, Recreation and Culture encourages participants to explore and consider all programs offered by the department.***

## November Bowling

**Saturday, November 7 | 10:30 am - 12:30 pm | $43**

Bowling Only: 10:30 am - 12 pm | $20

*Royal Crest Lanes, 933 Iowa St.*

Roll your way to fun! Join us at Royal Crest Lanes for two games of bowling followed by a pizza party. This league puts fun before competition. Please arrive by 10:30 a.m. so that all lanes can begin at the same time.

## November Coffeehouse

**Monday, November 23 | 5:30 - 7:30 pm | $40**

**Dance Only: 6:30 - 7:30 pm | $18**

**Theme:**

*DG County Fairgrounds, Flory Building*

Grab your friends and get your groove back at Coffeehouse! Join us for a catered dinner while socializing with friends. Listen to music and dance to a live DJ, win prizes at bingo and enjoy a surprise activity each month, all in a "Coffeehouse" atmosphere. *Menu: Oven roasted turkey breast, mashed potatoes, green bean almandine, and pumpkin pie for dessert.*

The Hallelujah Girls

**Sunday, November 15 | 11 am - 4:30 pm | $108**

Hallelujah Girls follows a circle of friends who turn an abandoned church into a day spa and rediscover their strength and the joy together. And along the way, one of the gals rekindles the heat of an old flame with the good-old-boy who's installing the hot tub. Filled with razor sharp humor, and heart, this feel-good comedy is about second chances, bold choices, and refusing to fade quietly into the background.

# NOVEMBER CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 1 | 2<br>**ACTING 101**<br>6:30 - 8 pm<br>Carnegie | 3<br>**CULINARY CREATIONS**<br>6:30 - 7:45 pm<br>CB1 | 4 | 5<br>**CHAIR STRETCH & TONE**<br>6:30 - 7:30 pm<br>CB-RM1 | 6 | 7<br>**SOCIAL BOWLING**<br>**10:30 am - 12:30 pm**<br>Royal Crest Lanes |
| 8 | 9<br>**ACTING 101**<br>6:30 - 8 pm<br>Carnegie | 10<br>**CULINARY CREATIONS**<br>6:30 - 7:45 pm<br>CB1 | 11 | 12<br>**CHAIR STRETCH & TONE**<br>6:30 - 7:30 pm<br>CB-RM1 | 13 | 14 |
| 15<br>**HALLELUJAH GIRLS**<br>11 am - 4:30 pm<br>New Theatre | 16<br>**ACTING 101**<br>6:30 - 8 pm<br>Carnegie | 17<br>**LAST NIGHT CULINARY CREATIONS**<br>6:30 - 7:45 pm<br>CB1 | 18 | 19<br>**CHAIR STRETCH & TONE**<br>6:30 - 7:30 pm<br>CB-RM1 | 20 | 21 |
| 22 | 23<br>**COFFEEHOUSE**<br>5:30 - 7:30 pm<br>DG Fairgrounds | 24 | 25 | 26 NO CLASS!<br> | 27 | 28 |
| 29 | 30<br>**ACTING 101**<br>6:30 - 8 pm<br>Carnegie | | | | | |

# UNIFIED RECREATION REGISTRATION FORM

Participants Name: _____

| Check to Enroll | Enroll Staff | Activity/Trip | Code | Fee | Enrollment Deadline |
|---|---|---|---|---|---|
| | | **November Coffeehouse & Dance**<br>Monday, 11/23 \| 5:30 - 7:30 pm \| Flory Building<br>***Dietary Restrictions:*** _____ | 422200-C | $40 | 11/15 |
| | | **November Coffeehouse Dance Only**<br>Monday, 11/23\| 6:30 - 7:30 pm \| Flory Building | 422205-C | $18 | 11/15 |
| | | **November Social Bowling & Pizza Party**<br>Saturday, 11/7 \| 10:30 am - 12:30 pm \| Royal Crest Lanes | 422300-C | $43 | 11/1 |
| | | **November Social Bowling Only**<br>Saturday, 11/7 \| 10:30 am - 12 pm \| Royal Crest Lanes | 422301-C | $20 | 11/1 |
| | | **Hallelujah Girls** 🟢<br>Sunday, 11/15 \| 11 am - 4:30 pm \| CB | 727461-A | $108 | 11/1 |

## TRAVEL GUIDELINES

🟢 **Level 1:** Climb stairs or ramp, board a bus, walk unassisted at a relaxed pace for up to 30 minutes with or without an assistive device. This level frequently includes live events, theater, or driving tours such as the Holiday Lights.

🟡 **Level 2:** Can climb stairs or a ramp, board a coach, and walk unassisted at a relaxed pace for up to 60 minutes with or without an assistive device. There may be uneven terrain, moderate hills, and more than one destination - boarding the bus multiple times through the trip. This level includes trips with outdoor/rural destinations and various modes of transportation (river boat, trolley).

🔴 **Level 3:** You can climb stairs or a ramp, board a coach, and walking/standing for 2-3 hours (with breaks) with or without an assistive device. Expect multiple destinations, uneven terrain, a variety of weather conditions, and longer days with some early starts and late nights possible. This level includes overnight travel.

### 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