

**FREE  
PRESENTATION**

# Stress-Management Tai Chi Meditation with Best-Selling Author Bill Douglas

Session 05 • Thursday, August 31 • 6:00 to 7:30 pm • Limited spots available, call 913.663.9154 to reserve yours

Best-selling, internationally published, Tai Chi Meditation author and 2009 Inductee to the Internal Arts Hall of Fame in New York, is offering a FREE Tai Chi Meditation presentation, to share tools to reduce stress, improve health, and life performance.

This FREE 1.5 hour introduction will give you tools you can use right away to manage stress and increase health and performance, and give an overview of the evening class teachings. Anyone can do this Tai Chi Meditation workshop and benefit from it. Harvard Health Publications wrote that the moving meditation of Tai Chi, should more aptly be called "medication" in motion, because of all the myriad health issues it can prevent or even help treat.

Modern research shows that Mind-Body practices like Tai Chi and Meditation can prevent or treat most of the common health issues we face, reduce anxiety, depression, lower high blood pressure, improve balance, help with rehab from injury and chronic illnesses. Tai Chi Meditation author, Bill Douglas, teaches mind-body techniques worldwide and for some of the world's largest corporations and medical centers. A DVD he produced has been provided to patients by physicians and neurologists all across America. See how his classes have changed people's lives, by reading "Reader Reviews" of his book and DVD on amazon.com, "The Complete Idiot's Guide to T'ai Chi & Qigong," book, and his DVD "Anthology of T'ai Chi & Qigong: The Prescription for the Future."

Bill has been a Tai Chi source for: The New York Times; Wall Street Journal; WebMD; BBC World Radio; Reader's Digest; China's Xinhua News Agency; The South China Morning Post; and media worldwide. He was commissioned by Prevention Magazine to create their Tai Chi Tutorial for their article on 'boosting your immune system with Tai Chi.' Bill's book was recommended by American Airlines American Way Inflight Magazine and he is the official Tai Chi Expert for famed naturopathic physician/author Dr. Andrew Weil's websites.



## T'ai Chi Qigong Meditations Classes

Bill Douglas • Oak Room, LCC • Min 15 Max 30 • No Class on Nov 23

Class	Age	Session	Day	Dates	Time	Fee/Res Disc
T'ai Chi Qigong Meditations	18 y +	06	Thurs	Sept 7-Oct 26	6:30-7:30 pm	\$108/\$98
T'ai Chi Qigong Meditations (6 weeks)	18 y +	07	Thurs	Nov 9-Dec 21	6:30-7:30 pm	\$81/\$73.50
T'ai Chi Qigong Meditations	18 y +	08	Thurs	Jan 4-Feb 22	6:30-7:30 pm	\$108/\$98

Learn Tai Chi Short Form and Qigong Meditation Relaxation Therapies. Harvard Medical Health Publications called Tai Chi "medication in motion" because of all the many health issues modern medical research is finding Tai Chi can benefit. LEARN TAI CHI and Qigong meditation from #1 best selling Tai Chi author, Bill Douglas. Bill is a world renowned expert in this field, and has been a Tai Chi source for Prevention Magazine; The Wall Street Journal; The New York Times; Reader's Digest; and media worldwide.

Tai Chi is proven to help with anxiety, depression, chronic pain, balance issues, high blood pressure, heart disease, menopause, bone loss, and many other common health issues. It is an easy and relaxed, very low impact, exercise that involves visualization, breathing, and gentle movement techniques. Anyone can do it. Eight - 1 hour classes.

## Midlife Fitness with Mary

**Mary Latenser • Oak Room, LCC • 18 years +  
Fee \$90/Resident Disc Fee \$85  
Min 5 Max 15**

Mary Latenser is nationally certified in Group Exercises, Pilates Mat, Silver Sneakers, Cancer Exercises Specialist and Personal Trainer. Call or visit Leawood Parks and Rec website for class availability.

Classes meet Mondays at 10:30 am, Wednesdays at 10:30 am, and Fridays at 10:00 am. Five - 3 days a week classes.

### **Mondays: Cardio/Strength**

Intervals alternating traditional muscle conditioning exercises with easy to follow cardiovascular segments. Intervals are proven to be the most efficient way to lose body fat.

### **Wednesdays: Resistance Training**

Total Body conditioning using dumb bells, exercubes, gliders and body weight to shape and strengthen the whole body.

### **Fridays: 20-20-20 Class**

"A little of everything". 20 minutes of choreographed cardio followed by 20 minutes of strength training and finishing with 20 minutes of yoga/pilates inspired core work and stretch.

Session	Dates	Days	Dates
05	Sept 11-Oct 13	Mon & Wed Fri	10:30-11:30 am 10:00-11:00 am
06	Oct 16-Nov 17	Mon & Wed Fri	10:30-11:30 am 10:00-11:00 am
07	Jan 8-Feb 9	Mon & Wed Fri	10:30-11:30 am 10:00-11:00 am
08	Feb 12-Mar 16	Mon & Wed Fri	10:30-11:30 am 10:00-11:00 am



# Pop Pilates

Rachelle Hornbeck

Oak Room, LCC • 14 years +  
Min 4 Max 30 • No Class Sept 4, Oct 16

PopPilates is a combination of total body Pilates exercises with the attitude of choreographed dance and the energy of music, resulting in an intense workout that is FUN and effective.

You will be challenged to flow from one exercise to the next, developing a rock solid core, while leaving NO muscle untouched. Every exercise can be modified to fit the needs of class participants. You leave feeling sweaty, strong and ready to take on MORE.

Session	Dates	Day	Time	Fee/Res Disc Fee
03	Jan 8	Mon	7:30-8:30 pm	\$0
04	Jan 10	Wed	8:30-9:20 am	\$0
11	Aug 14-Sept 25	Mon	7:30-8:30 pm	\$56/\$52
12	Oct 2-Nov 13	Mon	7:30-8:30 pm	\$56/\$52
13	Nov 27-Dec 18 (4 weeks)	Mon	7:30-8:30 pm	\$39/\$35
14	Jan 22-Feb 26	Mon	7:30-8:30 pm	\$56/\$52
15	Jan 24-Feb 28	Wed	8:30-9:20 am	\$56/\$52
16	Mar 5-Apr 9	Mon	7:30-8:30 pm	\$56/\$52
17	Mar 7-Apr 11	Wed	8:30-9:20 am	\$56/\$52

## Zumba Lite

Zumba Lite is a fun-filled dance exercise class designed for the energetic senior. You can have fun while exercising, and be confident that the dance movement will not cause any discomfort or injury. Zumba Lite is a much gentler version of the regular Zumba, featuring Latin music and American Oldies. If you are curious about Zumba, give this class a try. No dance or music experience necessary. Six - 50 minute classes.

## Bellydance

Bellydance is a fun non-impact (gentle on knees and back), weight bearing dance exercise that will give you a total body workout all in a relaxed, accepting and supportive environment. This easy to follow class provides excellent cardio exercise, tightening and toning of the body. All ages and body types can enjoy Bellydance. No dance or music experience necessary. Six - 1 hour classes.

## Zumba Lite & Bellydance

Susie Von Bevern • Fee \$51/Resident Disc Fee \$45 • Min 2 Max 10 • No Class on Nov 22

Class	Age	Session	Day	Dates	Time	Room
Zumba Lite	18 y +	04	Wed	Aug 30-Oct 4	9:30-10:20 am	Oak
Zumba Lite	18 y +	05	Wed	Nov 1-Dec 13	9:30-10:20 am	Oak
Zumba Lite	18 y +	06	Wed	Jan 3-Feb 7	9:30-10:20 am	Oak
Zumba Lite	18 y +	07	Wed	Mar 7-Apr 11	9:30-10:20 am	Oak
Bellydance	18 y +	04	Wed	Aug 30-Oct 4	5:30-6:30 pm	Maple
Bellydance	18 y +	05	Wed	Nov 1-Dec 13	5:30-6:30 pm	Maple
Bellydance	18 y +	06	Wed	Jan 3-Feb 7	5:30-6:30 pm	Maple
Bellydance	18 y +	07	Wed	Mar 7-Apr 11	5:30-6:30 pm	Maple

## Yoga

Kay Sipple • Oak Room, LCC • 18 years + • Min 2 Max 30  
Fee \$51/Resident Disc Fee \$45 • No Class Nov 22, Nov 23, Jan 15

**Ask About A Yoga Punch Card!**

### Hatha Yoga

This gentle Hatha Yoga class enhances your body's strength, flexibility and sense of balance. Through yoga poses and breathing you can become calm and relaxed creating an environment for healing in the body, as well as the mind. Gentle yoga is often helpful for chronic conditions such as arthritis, fibromyalgia and back pain.

Each student will be supported at his or her own level and painful or weak areas of the body will be addressed. Comfortable clothing is all you need. Six - 1 hour classes.

### Intermediate Yoga

If you are an experienced yoga student who would like to expand your practice, join us for a more aerobic class of yoga flow. This class can help you deepen your understanding of yoga and offers a greater focus on breathing and meditation. Six - 75 minute classes.

Class	Session	Dates	Day	Time
Hatha Yoga	10	Sept 11-Oct 16	Mon	6:00-7:00 pm
Hatha Yoga	11	Sept 5 -Oct 10	Tues	9:00-10:00 am
Hatha Yoga	12	Sept 6-Oct 11	Wed	6:00-7:00 pm
Hatha Yoga	13	Oct 23-Nov 27	Mon	6:00-7:00 pm
Hatha Yoga	14	Oct 17-Nov 21	Tues	9:00-10:00 am
Hatha Yoga	15	Oct 18-Nov 29	Wed	6:00-7:00 pm
Hatha Yoga	16	Jan 8-Feb 19	Mon	6:00-7:00 pm
Hatha Yoga	17	Jan 9-Feb 13	Tues	9:00-10:00 am
Hatha Yoga	18	Jan 10-Feb 14	Wed	6:00-7:00 pm
Hatha Yoga	19	Feb 26-Apr 2	Mon	6:00-7:00 pm
Hatha Yoga	20	Feb 20-Mar 27	Tues	9:00-10:00 am
Hatha Yoga	21	Feb 21-Mar 28	Wed	6:00-7:00 pm
Intermediate Yoga	04	Sept 7-Oct 12	Thurs	9:00-10:15 am
Intermediate Yoga	05	Oct 19-Nov 30	Thurs	9:00-10:15 am
Intermediate Yoga	06	Jan 11-Feb 15	Thurs	9:00-10:15 am
Intermediate Yoga	07	Feb 22-Mar 29	Thurs	9:00-10:15 am

# Bridge Is King



## Open Bridge Play

Mondays • 6:30 - 8:30 pm • \$1.00

Here is your chance to practice what you have learned and to play bridge with your friends. This opportunity is open to the public.

Christie Thomas-Collier or Dr. Gail Himmelstein • Maple Room, LCC • 18 years + • No Class Oct 9

Class	Instructor	Session	Dates	Day	Time	Fee/Res Disc	Min/Max
Beginning Bridge	Christie Thomas-Collier	02	Aug 30-Oct 18	Wed	6:30-8:30 pm	\$88/\$80	10/32
Beginning Bridge	Christie Thomas-Collier	03	Jan 10-Feb 28	Wed	6:30-8:30 pm	\$88/\$80	10/32
Advanced Bridge - Defensive Play	Dr. Gail Himmelstein	03	Sept 18-Oct 30	Mon	10:00 am-12:00 pm	\$77/\$70	10/40
Bridge Bidding Review	Christie Thomas-Collier	02	Oct 25-Nov 15	Wed	6:30-8:30 pm	\$44/\$40	10/32
Bridge Bidding Review	Christie Thomas-Collier	03	Mar 7-Mar 28	Wed	6:30-8:30 pm	\$44/\$40	10/32

### Beginning Bridge

Warren Buffett, Bill Gates and Martina Navratilova exercise their mental muscles by playing bridge. You can too! During this eight-week class, the basics of bidding will be discussed in the first hour and we will have fun playing cards during the second hour. Our textbook, written by Audrey Grant, will be available from the instructor, Christie Thomas Collier, for \$12.00 on the first evening of class. Eight - 2 hour classes.

### Bridge Bidding Review

You have just finished beginning bridge lessons OR you are coming back after a break from bridge and need a little playing experience. This four week class is designed to review the bidding basics of no trump, one of a major suit, one of a minor suit, and competitive bidding. Four - 2 hour classes.

### Advanced Bridge Defensive Play

Don't make your partner disappointed. Learn the correct killer opening lead, signals, and reading of the dummy hand. It's fun to set your opponents. Taught by Dr. Gail. Six - 2 hour classes.



## Medicare Part D

October begins the Medicare Annual Enrollment Period and those with Medicare Prescription Drug Plans can be refreshed on their Part D coverage.

This class teaches about your guaranteed issue right to change plans, how to maneuver Medicare.gov to find the right plan, and how to address coverage challenges such as the "donut hole". Conducted by Chris Goodwin of Insurance Pros, Inc.

Chris Goodwin • Oak Room, LCC • 18 years +  
Fee \$6/Resident Disc Fee \$5  
Min 5 Max 30

Session	Dates	Day	Time
01	Oct 3	Tues	1:00-2:00 pm
02	Oct 3	Tues	6:30-7:30 pm
03	Oct 5	Thurs	1:00-2:00 pm
04	Oct 5	Thurs	6:30-7:30 pm



## Senior Friendship Luncheons

Adults 50+ are invited to join us  
for food, friendship and fun!

**RESERVATION REQUIRED ONE WEEK IN ADVANCE!**

Come and enjoy a catered lunch and entertainment the second Tuesday of every month. A great way to socialize and meet new friends! For more information or to register please call 913.663.9154.

Maple Room, LCC • Cost \$8.00  
Min 10 Max 50

Tuesdays  
11:30 am - 1:00 pm

Session	Dates
06	Aug 8
07	Sept 12
08	Oct 10
09	Nov 14
10	Dec 12
11	Jan 9
12	Feb 13

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