

MAY 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.



May Bowling

Saturday, May 16, | 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.



May Coffeehouse

Monday, May 18 | 5:30 - 7:30 pm | \$40

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

Theme: Cinco de Mayo

Douglas County Fairgrounds, Flory Building, 2120 Harper St.

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: Tacos, black beans, Spanish rice, and Apple Crisp for dessert



May Day Lunch & Movie

Saturday, May 2 | 11 am - 4 pm | Meeting at the Community Building | \$60

Join us for a fun May Day lunch and movie in Lawrence! Hang out with friends and enjoy your favorite El Porto entree and good conversation! Then, put your feet up and relax while we watch a movie at Regal Southwind! *Movie TBD*



UPCOMING CLASSES!

Registration for These Classes Begins May 5th!

Unified Rec Band Class

Tuesday, 6/2 - 6/30 | 6:30 - 7:30 pm | Community Building | Fee: \$35

Do you love music? Do you love to sing and keep the beat? If so, this is the class for you! Join KU Marching Jayhawks Drum Major, Kate, this summer at Unified Rec Band Class. Explore music genres, play instruments, sing songs and more! A mini-class performance will be held on the last day!

Fixed Circuit Training

Thursday, 6/4 - 7/9 | 6:30 - 7:30 pm | Community Building | \$42

Join Avery, an inclusive certified personal trainer, who designs programs for individuals of all abilities! In class you will practice functional movement to enhance your daily routines through interval-based exercises. Enjoy listening to upbeat music while giving yourself a full body workout using a chair, free weights, resistance bands, stability balls, and more. This fun, low-impact class will gently increase your heart rate and improve overall strength, balance and endurance while burning calories!

Questions? Please reach out to us at unifiedrecinfo@lawrenceks.gov

UNIFIED RECREATION REGISTRATION FORM

Participants Name (Please Print Legibly): _____

Primary Phone (Required): _____

Check to Enroll	Enroll Staff	Activity/Trip	Code	Fee	Enrollment Deadline
		May Coffeehouse & Dance Monday, March 30 5:30 – 7:30 pm Flory Building Dietary Restrictions: _____	222200-C	\$40	4/15
		May Coffeehouse Dance Only Monday, March 30 5:30 – 7:30 pm Flory Building	222201-C	\$18	4/15
		May Bowling & Pizza Party Saturday, March 14 10:30 am – 12 pm Royal Crest Lanes	222300-C	\$43	4/15
		May Bowling Only Saturday, March 14 10:30 am – 12 pm Royal Crest Lanes	222301-C	\$20	4/15
		Band Class Tuesday, 6/2 – 6/30 6:30 – 7:30 pm Community Bldg.	322191-A	\$35	4/15
		Fixed Circuit Training Thursday, 6/4 – 7/9 6:30 – 7:30 pm Community Bldg.	322400-A	\$42	4/15
		May Day Lunch & Movie Saturday, 5/2 11 am – 4 pm TBD	322220-A	\$60	4/15

Minimal Physical Exertion

Average Physical Exertion

Moderate Physical Exertion

MAY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 MAY DAY LUNCH & MOVIE 11 am - 4 pm Community Building
3	4 ACTING 6:30 - 8 pm Carnegie Building	5	6	7 ZUMBA 6:30 - 7:30 pm Community Bldg.	8	9
			ST. LOUIS			
10	11 ACTING PERFORMANCE 5:30 pm: Call Time/ Pizza 7 pm: Door Open	12	13	14 LAST NIGHT OF ZUMBA 6:30 - 7:30 pm Community Bldg.	15	16 BOWLING 10:30 am - 12:30 pm Royal Crest Lane
17	18 COFFEEHOUSE 5:30 - 7:30 pm Flory Building	19	20	21	22	23
24	25	26	27	28	29	30
31						