

GAMES

Bingo: No registration. \$1 at door. Prizes; refreshments served.

Farkle: No registration. \$2 at door. Refreshments served.

Bunco: No registration. \$1 at door. Prizes; refreshments.

Mahjong: No registration or weekly cost.

RECURRING ACTIVITIES

Let's Get Sewin': Share ideas while learning new skills and contribute to the community by using provided supplies to make projects for area charities. All skill levels are welcome.

Puzzles & Pencils: Join us for an hour of puzzle books, jigsaw puzzles and adult coloring books. All supplies are provided.

Sing-Along Choir: Meet new friends while singing favorites from the past! Join anytime. No registration or fee.

Ukuleles Unite: Come meet with other local ukulele players who enjoy playing, singing, and learning new songs. All levels welcome. Bring your ukulele!

Yarn Connection: Learn new skills and have fun with friends. We provide yarn, hooks/needles, patterns, snacks and laughter. Help the community by working on charitable projects. No registration or fee.

EXERCISE CLASSES

Cardio Drumming: Feel like a rock star while getting a workout. All levels are welcome, and equipment is provided. No registration or fee.

Chairside Yoga: This is a gentle form of yoga that can be done seated or using a chair for balance. This class aims to improve flexibility, balance, and strength while increasing focus and muscle tone. No registration or fee.

Vita Band: Use resistance bands for range of motion and strength exercises. Some standing and sitting required. No registration or fee.

Move & Groove: Come step with the COA! Move to the groove and energize your body. 1:1:1 = 1 hour, 1 workout, 1 mile. No registration or fee.

COUNCIL ON AGING POLICIES

The programs and events listed on the calendar are held at the *Council on Aging*, 711 Marshall Street, Ste. 100, unless otherwise noted. Please refer to the individual activity flyer for more detailed information or call 913.684.0777.

Age Eligibility: All activities, programs, and events are open to adults age 50 and older, unless otherwise specified. Contact the Leisure and Learning department, 913.684.0777, for information.

Registration and Payment Policy: All activities, programs and events require registration unless noted. Specified program fees must be paid at time of registration unless noted as "Pay at Door." Registration is on a first come, first served basis for events hosted at the COA. Participants may register with one other person.

Trip Lottery: Trips, when noted, are filled on a lottery system with a signup for a random drawing held one month prior to the trip. Participants may sign up for the drawing with one additional participant only.

Cancellation Policy: A function that requires a program fee paid in advance must be cancelled more than 3 business days prior to the function to receive a refund unless otherwise specified. Cancellations less than 3 business days prior to the event will not be refunded.

Transportation: If you need transportation to and from any function please call the transportation desk, 913.684.0778 or 913.684.0808, to schedule a ride. Please refer to the transportation policy for scheduling times and rider information. There is a fee for transportation.

Consumer Rights: All services are provided without discrimination on the basis of race, color, religion, national origins, or sex. If you feel you have been discriminated against you have the right to file a complaint. Please contact the Director at 913.684.0777.

For the hearing impaired TTY # 1.800.766.3777

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LEAVENWORTH COUNTY COUNCIL ON AGING

OCTOBER 2024

LEISURE & LEARNING PROGRAM

CALENDAR OF EVENTS



Live Well. Age Well.

COUNCIL ON AGING

711 Marshall Street, Ste. 100,

Leavenworth, KS, 66048

Main: 913.684.0777 Fax: 913.684.0779

Transportation: 913.684.0778

E-mail: seniors1st@leavenworthcounty.gov

Website: www.leavenworthcounty.gov/COA

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	1 Sing-Along Choir @ COA 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	2 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	3 B.L.A.S.T. Kayak Adventure 8:30am County Safety Day: No Activities	4 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Gather Around 10:00am and 12:30pm	5 Paint with Derek 9:00am–12:00pm Learn to Crochet 9:00am–12:00pm
7 Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm Puzzles & Pencils 1:30pm	8 Bauder Arts 9:00-11:00am <i>What's Next?</i> Loss Support Group 10:00am Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm Mystery Breakfast Drawing	9 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Caregiver Support Group 1:00pm Bunco 1:00pm	10 <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild 1:00pm Cardio Drumming 3:00pm Kayak Adventure Rain Date	11 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am	12 Pedicures for Paws 1:00-4:00pm <i>Bad to the Bone</i> Pet Care is offering dog nail trimming for \$10/dog in the COA parking lot from 1:00-4:00pm. Open to all ages.
14 Closed for Columbus Day	15 Outreach @ Exchange Bank in Easton 10:00–10:30am Sing-Along Choir—sing-out K-State: Cooking w/ Chickpeas @ Tongie Library 12:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm Evah Cray Home Drawing	16 Chairside Yoga 8:30am WWI Museum Trip & Big Boy 9:15am Vitaband Exercise 9:45am Chairside Yoga 10:30am Outreach & Bingo @ West Haven Baptist Church 10:00am Bingo 1:00pm	17 Mystery Breakfast 8:30am Blood Drive 9:00am-2:00pm Outreach @ Linwood Library 9:00am <i>Ukuleles Unite</i> 10:00am Yarn Connection 1:00pm Outreach @ Basehor Library 10:30am w/Bingo at 11:00am Cardio Drumming 3:00pm	18 Chairside Yoga 8:30am Vitaband Exercise 9:45am Dillon's—Fill the Cart for Christmas Stockings 10:00am-4:00pm Chairside Yoga 10:30am	19
21 Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm Puzzles & Pencils 1:30pm	22 Alzheimer's Association: Navigating the Holidays 9:00am Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	23 Chairside Yoga 8:30am Vitaband Exercise 9:45am New Theatre Trip 10:15am Chairside Yoga 10:30am Farkle 1:00pm	24 <i>Ukuleles Unite</i> 10:00am Cardio Drumming 3:00pm	25 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Craft Time w/Good Shephard Hospice 1:00pm	26
28 Move & Groove 10:00am Secret Pals Reception 11:30 am Mahjong 1:00pm	29 Effective Self Defense 1:30pm Cardio Drumming 3:00pm	30 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Halloween Party 1:00pm	31 <i>Ukuleles Unite</i> 10:00am Cardio Drumming 3:00pm	COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777	

FEATURED EVENTS

Gather Around: Tailgating Edition: Enjoy *Beating Buffalo* chicken dip, *Big Red's Mac & Cheese*: - homemade mac & cheese topped with pulled pork & "Saints"ational desserts! RSVP by 9/26; \$9 due at sign-up. Max: 24 in each session. If paying by PayPal, please call 913-6840777 to reserve your time choice.

Bauder Arts: Creating Art from Nature using mixed media. See flyer for art sample. RSVP by 10/4. \$30 due at sign-up; max 15.

K-State Extension—Cooking with Chickpeas: Hummus, move aside. Chickpeas are a nutrient-dense legume! Learn how chickpeas can be used to add fiber and protein to your diet.

Fill the Cart Event: Stop by Dillons from 11:00am–6:00pm to help us fill the cart for our annual Christmas Stocking delivery.

Alzheimer's Association Workshop: Navigating the Holidays
 A person living with Alzheimer's or another dementia may feel a special sense of loss during the holidays. This program will provide tips and ideas for safely enjoying time with family and friends during the holidays.

Craft Time w/Good Shephard Hospice: Join in the fun making an adorable wooden *Welcome* door hanger! RSVP by 10/18; no cost. No limit on participants.

Halloween Party: Break out your creative costumes or spooky attire! Join us for treats and costumed fun! RSVP; \$4 at the door.