

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 & Pastimes: 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

NOVEMBER 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

NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	 <p>COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048</p>			1 NO ACTIVITIES	2 Meals on Wheels Benefit
4 Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm Puzzles & Pastimes 1:00pm Holiday Reflections Trip Drawing	5 K-State—Fall Food Favorites 12:00pm @ Tongie Library Sing-Along Choir @ COA 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	6 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Caregiver Support Group 1:00pm Bingo 1:00pm	7 Mystery Breakfast 8:30am Ukuleles Unite 10:00am Sewing on the Line Quilt Guild 1:00pm Cardio Drumming 3:00pm	8 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Mahjong 10:00am	9
11 Closed for Veterans Day	12 Alzheimer's Association Part 1: Building Foundations of Caregiving 9:00am What's Next? Loss Support Group 10:00am Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	13 Chairside Yoga 8:30am Evah Cray Historical Home & Lunch Trip 9:15am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bunco 1:00pm	14 Ukuleles Unite 10:00am Cardio Drumming 3:00pm Mystery Breakfast Drawing	15 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Mahjong 10:00am	16
18 Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm Puzzles & Pastimes 1:00pm	19 Alzheimer's Association Part 2: Supporting Independence 9:00am Outreach @ Exchange Bank in Easton 10:00–10:30am Sing-Along Choir—sing-out Effective Self Defense 1:30pm Cardio Drumming 3:00pm	20 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Outreach & Bingo @ West Haven Baptist Church 10:00am Bingo 1:00pm	21 Outreach @ Linwood Library 9:00am Ukuleles Unite 10:00am Yarn Connection 1:00pm Outreach @ Basehor Library 10:30am w/Bingo at 11:00am Cardio Drumming 3:00pm	22 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Thanksgiving Pie & Craft Time 1:00pm	23
25 NO ACTIVITIES	26 Stuff Christmas Stockings 8:15am Parkinson's Support Group 1:00pm Cardio Drumming 3:00pm	27 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm	28 Closed for Thanksgiving	29 Closed for Thanksgiving	30

FEATURED EVENTS

Puzzle & Pastimes: Spend time visiting while working on COA provided puzzles and activity books, or bring in a pastime of your own such as a model, Lego kit, or craft activity.

K-State Extension: Fall Food Favorites: Cooler weather calls for some warm comfort meals. Join us for some fall-inspired dishes that will warm the body and soul. No cost.

Mahjong: By popular demand, we are adding a second day of Mahjong: free Fridays at 10:00am

Alzheimer's Association: 5-Part Empowered Caregiver Education Series: This series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. No cost; sign up at COA front desk. Topics include:
November 12 - Building Foundations of Caregiving
November 19 - Supporting Independence
December 3 - Communicating Effectively
December 10 - Responding to Dementia-Related Behaviors
December 17 - Exploring Care and Support Services

Thanksgiving Pie & Craft Time: Enjoy craft-making, a slice of pie, and a cranberry mocktail. Celebrate with us all the things we have to be thankful. \$6 due at sign-up. Supplies included. Register by 11/18.