

GAMES

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

Game Time: Mexican Train Dominoes, cards, and board games are available or bring your own! No registration. \$1 at door. 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

Book Review: Come hear about what others are reading and share your latest find. No assigned reading. Refreshments served. No registration or fee.

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.

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

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. Space is limited; please call to reserve your spot.

Chairside Exercise: Range of motion and strength exercises using optional light weights. Some standing and sitting required. No registration or fee.

Move It or Lose It: Range of motion and strength exercises. Some standing and sitting required. 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.

Walk for Health: Meet in alternating locations around Leavenworth County for a group walk. All fitness levels welcome. See calendar for locations. 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 flyer on each function 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. Functions that require a program fee must be paid in advance at time of registration unless noted as "Pay at Door." Registration is on a first come basis for events hosted at the COA.

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. Cancellation less than 3 business days 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

Si sientes que has sido discriminado, llame al 1.866.305.1343

LEAVENWORTH COUNTY COUNCIL ON AGING

DECEMBER 2023

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

DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	FEATURED EVENTS
 <p>Sponsored by: COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777</p>				1 Stuff Christmas Stockings 8:30–10:00am	2 Paint with Derek 9:00am–12:00pm Learn to Crochet 9:00am–12:00pm	<p>Walk for Health: This group returns for winter with open walking time indoors at the Council on Aging beginning December 8th. Drop in any-time between 8:00-10:00am for an indoor loop.</p> <p>Lunch & a Movie: Enjoy a yummy lunch of Caesar salad, Christmas pasta bake, Italian bread and Italian rainbow cake followed by <i>While You Were Sleeping</i>. RSVP; \$6 for lunch. Space is limited.</p> <p>Thrifting and Lunch: Good Shepherd Thrift Store in Tonganoxie and Good Will in Bonner Springs. Lunch at Twisters. Get some holiday shopping finished while enjoying a fun day out with friends. Space is limited; \$7 for transportation. Lunch on your own.</p> <p>Holiday Tea Party: Wear your holiday sparkles and enjoy an afternoon with friends. We'll be serving a classic afternoon tea filled with holiday cheer. RSVP; \$3</p> <p>LIEAP Application Assistance with Everyg: We are partnering with Everyg to provide LIEAP application assistance for the 2024 application period. No fee or signup required.</p> <p>GRAND: All Aboard the Polar Express Wear your pajamas, purchase your \$2 ticket and join the COA for the movie, <i>Polar Express</i>. Grandparents are encouraged to invite family members for a magical afternoon complete with hot cocoa and cookies.</p>
4 VitaBand 8:30 – 9:30am Coffee Group 9:00-10:00am Move It or Lose It 9:30 -10:00am BLAST KC Helicopter Tours 12:30 Mahjong 1:00pm Deadline to register for Lunch & a Movie	5 Sing-a-Long Choir 1:00-2:30pm Cardio Drumming 5:00pm	6 Chairside Exercise 8:30–9:30am Move It or Lose It 9:30 -10:00am Bingo 1:00-2:30pm	7 Ukulele 10:00am Cardio Drumming 1:00pm	8 Walk for Health at COA 8:00-10:00 am Lunch & a Movie 11:30am	9	
11 Thrift Shopping and Lunch 8:30 VitaBand 8:30 – 9:30am Move It or Lose It 9:30 -10:00am Book Review 10:00-11:00am Mahjong 1:00pm Deadline to register for Holiday Tea Party	12 Farkle @ Basehor United Methodist Church 10:00am COA Community Outreach @ Exchange Bank in Easton 10:00-10:30am Grief Support Group 1:00-2:00pm Let's Get Sewin' 1:00pm Cardio Drumming 5:00pm	13 Chairside Exercise 8:30–9:30am Move It or Lose It 9:30 -10:00am COA Community Outreach at West Haven Baptist Church 10:00-11:00am Bunko 1:00-3:00pm Caregiver Support Group @ Grounded Coffee 1-2:30pm	14 COA Community Outreach at Linwood Library 9:00-9:30am Ukulele 10:00am COA Outreach at Basehor Library 10:30am w/Bingo at 11am Cardio Drumming 1:00pm	15 Walk for Health at COA 8:00-10:00 am Holiday Tea Party 1:00pm	16	
18 VitaBand 8:30 – 9:30am Coffee Group 9:00-10:00am Move It or Lose It 9:30 -10:00am Mahjong 1:00pm	19 LIEAP Application Assistance with Everyg 9:00am-1:00pm Sing-a-Long Choir 1:00-2:30pm Cardio Drumming 5:00pm	20 Chairside Exercise 8:30–9:30am Move It or Lose It 9:30 -10:00am Bingo 1:00-2:30pm	21 Ukulele 10:00am GRAND—All Aboard the Polar Express 1:00–3:00pm Cardio Drumming 1:00pm Yarn Connection 1:00-3:00pm	22 CLOSED: Christmas Holiday	23	
25 CLOSED: Christmas Holiday	26 Grief Support Group 1:00 – 2:00pm Cardio Drumming 5:00pm	27 Chairside Exercise 8:30–9:30am Move It or Lose It 9:30-10:00am Farkle 1:00-3:00pm	28 Mystery Breakfast 8:30 Ukulele 10:00am Cardio Drumming 1:00pm	29 Walk for Health at COA 8:00-10:00 am	30	