

## 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.

**Game On:** No registration or weekly cost; please bring your own refreshments.

## 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.

**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

Si sientes que has sido discriminado, llame al

## LEAVENWORTH COUNTY COUNCIL ON AGING

# DECEMBER 2025

## 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](mailto:seniors1st@leavenworthcounty.gov)

Website: [www.leavenworthcounty.gov/COA](http://www.leavenworthcounty.gov/COA)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
<b>1</b> Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	<b>2</b> Cardio Drumming 10:00am Effective Self Defense 11:15am Sing-Along Choir-sing out	<b>3</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am <b>Ugly Sweater Bingo 1:00pm</b>	<b>4</b> Holiday Movie & Lunch Trip 9:00am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am <b>Volunteer Income Tax Assistance Meeting 12:30pm</b>	<b>5</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	<b>6</b>
<b>8</b> Chairside Yoga 8:30am Move & Groove 10:00am <b>Blood Drive 11:00am</b> Mahjong 1:00pm <i>Game On</i> 1:00pm	<b>9</b> Cardio Drumming 10:00am Effective Self Defense 11:15am <b>Knowledge @ Noon: <i>Recipe Recap</i></b> <i>What's Next?</i> Loss Support 10:30am <i>Let's Get Sewin'</i> 1:00pm Sing-Along Choir-sing out	<b>10</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am New Theatre trip 10:15am Chairside Yoga 10:30am Bunko 1:00pm Caregiver Support Group 2:00pm	<b>11</b> Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild Christmas 11:30am	<b>12</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am <b><i>Craft Day</i> 10:00am-12:00pm &amp; 1:00-3:00pm</b> Chairside Yoga 10:30am	<b>13</b>
<b>15</b> Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	<b>16</b> Cardio Drumming 10:00am <b>Outreach @ Exchange Bank in Easton 10:00–10:30am</b> Effective Self Defense 11:15am Sing-Along Choir-sing out	<b>17</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am <b>Outreach &amp; Bingo @ West Haven Baptist Church 10:00am</b> Chairside Yoga 10:30am <b>White Elephant / Christmas Karaoke Party 1:00pm</b>	<b>18</b> Mystery Breakfast 8:30am <b>Outreach @ Linwood Library 9:00am</b> Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am <b>Outreach @ Basehor Library 10:30am; Bingo @ 11:00am</b> Yarn Connection 1:00pm Dementia Support Group 1pm	<b>19</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	<b>20</b>
<b>22</b> Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm <i>Game On</i> 1:00pm	<b>23</b> Cardio Drumming 10:00am Effective Self Defense 11:15am Parkinson's Support Group 1:00 pm <i>Let's Get Sewin'</i> 1:00pm	<b>24</b> <b>Closed For Christmas</b>	<b>25</b> <b>Closed For Christmas</b>	<b>26</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	<b>27</b>
<b>29</b> Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm	<b>30</b> Cardio Drumming 10:00am Effective Self Defense 11:15am	<b>31</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am <b>Blingy Bingo 1:00pm</b>	 <b>COUNCIL ON AGING</b> 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777		

FEATURED  
EVENTS

**Ugly Sweater Bingo:** To help us get in the holiday spirit, we are encouraging everyone to wear their ugly Christmas sweaters to play Bingo. Join in the fun!

**Volunteer Income Tax Assistance (VITA) Meeting:** Interested in volunteering with the VITA Program? Join the first meeting of the season to learn about our program’s volunteer opportunities.

**Red Cross Blood Drive:** Open to all ages. Give the greatest gift, the gift of LIFE! 11:00am-3:00pm

**Knowledge @ Noon: *Recipe Recap***  
Did you miss a Knowledge @ Noon class this year? No worries! We are offering a “recap” class to review the topics discussed throughout 2025. we’ll bring back some of our most popular recipes! Tonganoxie Library; no cost.

***Craft Day at the COA:*** Join us for a full day of crafting! *Bling Equals Dreams* is back for another craft project. *Bling* owner, Roberta, will provide instruction on her festive “rag tie” Christmas trees. Class will be from 10:00am-12:00pm; \$15 due at sign-up. RSVP by 12/8; max 15.  
COA staff, Toni & Cara, will be crafting adorable chunky yarn snowmen in the afternoon from 1:00-3:00pm. \$15 due at sign-up. RSVP by 12/8; max 15. Samples of both will be made available in the lobby.

**White Elephant Gift Exchange / Christmas Karaoke:** Please bring a small wrapped or bagged gift to participate in the white elephant gift swap. We will have holiday treats, punch and get ready to sing holiday tunes karaoke style! \$4 due at sign-up; RSVP by 12/12. Max of 60.

**Blingy Bingo:** Ring in the new year with bling! Shine bright by wearing your favorite sparkly outfit to Bingo.