

## 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 for weekly cost; 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

MAY 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)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	FEATURED EVENTS
	<b>COUNCIL ON AGING</b> 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777		<b>1</b> Shatto Milk Co. Trip 8:45am <i>Ukuleles Unite</i> 10:00am Cardio Drumming 3:00pm	<b>2</b> <b>Positive Aging Resource Fair</b> 10:00am-2:00pm	<b>3</b> Paint with Derek 9:00am-12:00pm  Learn to Crochet 9:00am-12:00pm	<b>Positive Aging Resource Fair:</b> The COA is partnering with local organizations to host a free Positive Aging Resource Fair in celebration of Older Americans Month! Enjoy a free boxed lunch, 50/50 raffle, and bingo. If you need transportation, please call 913-684-0778 for a <u>free</u> ride. Sign-up by April26th for meal head-count.  <b>Cinco de Mayo Party:</b> Join the annual celebration of Mexican heritage! Indulge in cheese quesadillas, chips with salsa, and a yummy mocktail. We will play Loteria Mexican bingo, learn to do the Mexican Hat Dance, and take a swing at a pinata. \$4 due at sign-up; deadline 4/30.  <b>Knowledge @ Noon: <i>Milk Month</i></b> We will learn about different milk options, talk about the purpose of milk alternatives, and taste test. No cost; hosted by K-State Extension Office at the Tonganoxie Library.  <b>Lunch &amp; a Movie: <i>Hunger Games</i></b> Join us to watch <i>Hunger Games</i> . Lunch will be orange mango chipotle chicken with rice and peas and a Capitol-worthy dessert of a chocolate caramel tart. Inter-mission snacks of popcorn & soda. Cost \$10; sign up by May 9th. Max: 30 <b>***Please note this event starts at 11:00am as it is a longer movie.***</b>  <b>Parkinson's Support Group</b> will host an Occupational Therapist for their May meeting on the 27th.  <b>Caregiver Education Conference:</b> Caregivers and their family members are invited to attend this free conference. This exciting event features guest speakers presenting exciting approaches, valuable caregiving insights, techniques, and resources. Enjoy rich discussions, Q & A, and refreshments throughout the conference.
<b>5</b> Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm <b>Cinco de Mayo Party 1:00pm</b>	<b>6</b> <i>What's Next?</i> Loss Support Group 10:00am <b>Knowledge @ Noon: <i>Milk Month</i> at the Tonganoxie Library</b> Sing-Along Choir 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	<b>7</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	<b>8</b> <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild 1:00pm Cardio Drumming 3:00pm	<b>9</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am <i>Mystery Breakfast drawing</i>	<b>10</b>	
<b>12</b> Chairside Yoga 8:30am Move & Groove 10:00am NASCAR Racing trip 10:00am Mahjong 1:00pm Game On 1:00pm	<b>13</b> Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	<b>14</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Caregiver Support Group 1:00pm Bunco 1:00pm	<b>15</b> <i>Ukuleles Unite</i> 10:00am Yarn Connection 1:00pm Cardio Drumming 3:00pm	<b>16</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am <b>Lunch &amp; a Movie 11:00am</b> <i>Prison Tour drawing</i>	<b>17</b> <i>NASCAR Racing rain date</i>	
<b>19</b> Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	<b>20</b> <i>What's Next?</i> Loss Support Group 10:00am <i>Outreach @ Exchange Bank in Easton 10:00–10:30am</i> Sing-Along Choir 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	<b>21</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am <i>Outreach &amp; Bingo @ West Haven Baptist Church 10:00am</i> New Theatre Trip 10:15am Chairside Yoga 10:30am Farkle 1:00pm	<b>22</b> <i>Outreach @ Linwood Library 9:00am</i> <i>Ukuleles Unite</i> 10:00am <i>Outreach @ Basehor Library 10:30am; Bingo @ 11:00am</i> OAM Celebration—WYCO Park 11:00am-2:00pm Dementia Support Group 1:00pm Cardio Drumming 3:00pm	<b>23</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	<b>24</b>	
<b>26</b>  <b>Closed for Memorial Day</b>	<b>27</b> <b>Parkinson's Support Group – guest speaker 1:00pm</b> Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	<b>28</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	<b>29</b> <i>Ukuleles Unite</i> 10:00am Cardio Drumming 3:00pm	<b>30</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am <i>Deanna Rose Farm drawing</i>	<b>31</b> <b>Not This! <i>Hope for the Caregiver Education Conference</i> 9:00am-12:30pm</b>	