

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

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LEAVENWORTH COUNTY COUNCIL ON AGING

JULY 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

Website: www.leavenworthcounty.gov/COA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	1 Cardio Drumming 10:00am Effective Self Defense 11:15am <i>What's Next?</i> Loss Support Group 10:30am Sing-Along Choir 1:00pm New Theatre drawing	2 Chairside Yoga 8:30am Vitaband Exercise 9:45am New Theatre Trip 10:15am Chairside Yoga 10:30am Bunco 1:00pm	3 Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am 3rd of July Party 11:30am	4 Closed for July 4th	5 Paint with Derek 9:00am-12:00pm
7 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	8 Cardio Drumming 10:00am Effective Self Defense 11:15am Knowledge @ Noon: <i>National Pickle Month</i> @ the Tongie Library Let's Get Sewin' 1:00pm	9 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Caregiver Support Group 2:00pm Bingo 1:00pm	10 Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild 11:00am *early start time for "picnic"	11 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Lunch & a Movie 11:00am	12
14 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm Game On 1:00pm USM Senior Fitness Assessments 1:00-4:00pm	15 Cardio Drumming 10:00am Effective Self Defense 11:15am Outreach @ Exchange Bank in Easton 10:00-10:30am <i>What's Next?</i> Loss Support Group 10:30am Sing-Along Choir 1:00pm	16 Chairside Yoga 8:30am Vitaband Exercise 9:45am Outreach & Bingo @ West Haven Baptist Church 10:00am Chairside Yoga 10:30am Farkle 1:00pm	17 Mystery Breakfast 8:30am Outreach @ Linwood Library 9:00am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am Outreach @ Basehor Library 10:30am; Bingo @ 11:00am Yarn Connection 1:00pm	18 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Fishing Trip drawing	19
21 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	22 Cardio Drumming 10:00am Effective Self Defense 11:15am Parkinson's Support Group 1:00 pm Let's Get Sewin' 1:00pm	23 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	24 Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am Dementia Support Group 1:00pm	25 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Mystery Breakfast drawing	26
28 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm Game On 1:00pm	29 Cardio Drumming 10:00am Effective Self Defense 11:15am	30 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am NO GAMES	31 Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am	COUNCIL ON AGING 711 Marshall St., Ste.100 Leavenworth, KS, 66048 913.684.0777	

FEATURED
EVENTS

3rd of July Party: Wear your red, white, and blue to help us celebrate Independence Day! Join us anytime between 11:30-2:00 for hot dogs, sides, and ice cream out on the front lawn. We will have yard games and activities for everyone! We will have a shuttle from the lower parking lot. \$5 due at sign up; RSVP by 6/27.

Knowledge @ Noon: *National Pickle Month* Come celebrate with us and learn more about the pickling process. We will share some pickle-inspired recipes and tastings.

Lunch & a Movie: *National Treasure* Lunch will be kabobs on the grill, coconut rice, baked sweet potato fries and a red, white, & blue dessert! Intermission snacks of popcorn & soda. Cost: \$10 due at sign-up. Max 30; deadline 7/3. Please note the 30 minute earlier start time to accommodate the length of the movie.

Senior Fitness Assessments: USM Physical Therapy students will offer a fitness assessment for LV County residents. This will include assessments of strength, cardiovascular fitness, flexibility, and balance. The assessment will last approximately 30 minutes. No cost; sign up at front desk.