

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

AUGUST 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.
	COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777			1 Senior Day @ the Fair 10:00am-12:00pm	2 <i>Paint with Derek</i> 9:00am-12:00pm Learn to Crochet 9:00am-12:00pm
4 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Blood Drive 11:00am Mahjong 1:00pm Spirit Day– Sports	5 Cardio Drumming 10:00am Effective Self Defense 11:15am <i>What's Next?</i> Loss Support Group 10:30am Sing-Along Choir 1:00pm <i>Guinness Records Trip Drawing</i> Spirit Day– Crazy Hair/Hat	6 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm Spirit Day–Pajamas	7 Fishing & Kayaking @ Heim's Lake 8:30am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am Spirit Day– Hawaiian	8 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Spirit Day– Twins	9
11 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm <i>Game On</i> 1:00pm	12 Cardio Drumming 10:00am Effective Self Defense 11:15am <i>Let's Get Sewin'</i> 1:00pm	13 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bunco 1:00pm Caregiver Support Group 2:00pm	14 Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild 1:00pm <i>Game Show Trip Drawing</i>	15 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am	16 <i>Meals on Wheels Benefit</i> 5:00pm-9:00pm
18 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	19 Cardio Drumming 10:00am Effective Self Defense 11:15am <i>Outreach @ Exchange Bank in Easton</i> 10:00–10:30am <i>What's Next?</i> Loss Support Group 10:30am Sing-Along Choir—sing out	20 Chairside Yoga 8:30am Vitaband Exercise 9:45am <i>Outreach & Bingo @ West Haven Baptist Church</i> 10:00am Chairside Yoga 10:30am Bingo 1:00pm	21 Mystery Breakfast 8:30am <i>Outreach @ Linwood Library</i> 9:00am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am <i>Outreach @ Basehor Library</i> 10:30am; <i>Bingo @ 11:00am</i> Yarn Connection 1:00pm	22 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am <i>Mystery Breakfast Drawing</i>	23
25 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm <i>Game On</i> 1:00pm	26 Cardio Drumming 10:00am Effective Self Defense 11:15am Parkinson's Support Group 1:00 pm <i>Let's Get Sewin'</i> 1:00pm	27 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm	28 Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am Dementia Support Group 1:00pm Guinness World Records@ Union Station 9:00am	29 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	30

FEATURED
EVENTS

Senior Day @ the Fair: Meet us under the Big Top in Tonganoxie at the Leavenworth County Fairgrounds. Enjoy raffles, entertainment by *The Kitchen Table Trio*, bingo and a free lunch. Age 50+. No cost or reservation needed. If you need transportation to the event, please contract Dispatch at 913-684-0778 to make your reservation.

Red Cross Blood Drive: Open to all ages. Make an appointment at www.redcrossblood.org, on the blood donor app, or walk-ins are welcome. 11:00am-3:00pm

COA Spirit Week: Help us kick off “Back to School” season with a school supplies collection drive and Spirit Week. We will donate all collected items to a local charity. We will have a different theme each day. We encourage you to wear your fun outfits to all the COA activities!. The COA staff will be participating as well!

- ♦ **Monday—Sports Day**
- ♦ **Tuesday— Crazy Hair / Hat Day**
- ♦ **Wednesday—Pajama Day**
- ♦ **Thursday—Hawaiian Day**
- ♦ **Friday—Twin Day**

NEW TIME: Please note the new time of 2:00pm for the Caregiver Support Group on the second Tuesday of the month.