

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

SEPTEMBER 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.	FEATURED EVENTS
1 Closed for Labor Day	2 Cardio Drumming 10:00am Effective Self Defense 11:15am Sing-Along Choir 1:00pm	3 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	4 Game Show Trip 9:15am Cardio Drumming 10:00am Ukuleles Unite 10:00am	5 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	6 Paint with Derek 9:00am-12:00pm Learn to Crochet 9:00am-12:00pm	Knowledge @ Noon: Souper September Join us for a “souper” session! Learn how to stretch protein sources, how to preserve different soups, and taste recipes you’ll want to make all season long. Tonganoxie Library; no fee. Hospice Plinko: Join us to play Plinko, <i>The Price is Right</i> game, live and in-person! Take your chance to win prizes as Bridget Vani, RN BSN helps bust the hospice myths! Let’s have fun and learn at the same time! Sign up at front desk; no fee. Gather Around: Fiesta Friday Come celebrate our last <i>Gather Around</i> of 2025 with Mexican-themed food! We will be having Sour Cream Chicken Enchiladas, Raspberry Chipotle Black Bean Dip and, as always, a delicious dessert Cost: \$10. Max is 24 per class with a minimum of 18 for each class. Sign up and pay by September 5 th . Vaccine Clinic: Walgreens will be at the COA to offer annual vaccines. Available vaccines: flu, pneumonia, COVID, and shingles. Stop by or call the front desk to sign up for the vaccines you need. Maui Mahjong Madness: Obsessed with the game of Mahjong? Please join us for a day filled with fun, great food, and prizes with experienced players. Register at the front desk. Payment is due at sign-up. \$15 includes entry fee, lunch, and prizes for everyone. Come dressed in your favorite Hawaiian attire. Open to the first 40 participants. ***Note: Coffee Group date changes because of the holiday.
8 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm Game On 1:00pm Glore Museum drawing	9 Cardio Drumming 10:00am Effective Self Defense 11:15am What’s Next? Loss Support Group 10:30am Knowledge @ Noon: Souper September Let’s Get Sewin’ 1:00pm Hospice Plinko 1:00pm	10 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bunco 1:00pm Caregiver Support Group 2:00pm	11 Cardio Drumming 10:00am Ukuleles Unite 10:00am Sewing on the Line Quilt Guild 1:00pm	12 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Gather Around 10:00am and 12:30 pm Chairside Yoga 10:30am	13	
15 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm	16 Cardio Drumming 10:00am Effective Self Defense 11:15am Outreach @ Exchange Bank in Easton 10:00–10:30am Sing-Along Choir—sing out	17 Chairside Yoga 8:30am Vitaband Exercise 9:45am Outreach & Bingo @ West Haven Baptist Church 10:00am Chairside Yoga 10:30am Bingo 1:00pm	18 Mystery Breakfast 8:30am Outreach @ Linwood Library 9:00am Cardio Drumming 10:00am Ukuleles Unite 10:00am Outreach @ Basehor Library 10:30am; Bingo @ 11:00am Yarn Connection 1:00pm	19 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Walgreen’s Vaccine Clinic 10:00am-1:00pm Chairside Yoga 10:30am	20	
22 Chairside Yoga 8:30am Coffee Group 9:00am Maui Mahjong Madness 9:30am-3:00pm	23 Cardio Drumming 10:00am What’s Next? Loss Support Group 10:30am Effective Self Defense 11:15am Parkinson’s Support Group 1:00 pm Let’s Get Sewin’ 1:00pm	24 Chairside Yoga 8:30am Vitaband Exercise 9:45am New Theatre 10:15am Chairside Yoga 10:30am Farkle 1:00pm	25 Cardio Drumming 10:00am Ukuleles Unite 10:00am Dementia Support 1:00pm	26 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Mystery Breakfast drawing	27	
29 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm Game On 1:00pm	30 Cardio Drumming 10:00am Effective Self Defense 11:15am		COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777			