

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

APRIL 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

APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	1 Sing-Along Choir 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	2 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	3 <i>Ukuleles Unite</i> 10:00am Cardio Drumming 3:00pm Shatto Milk drawing	4 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	5 No classes.
7 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Let's Do Local 10:00am Mahjong 1:00pm	8 Car Fit 10:00am-12:00pm <i>What's Next?</i> Loss Support Group 10:00am Knowledge @ Noon: Springtime Fun 12:00pm Tonganoxie Library Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	9 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bunco 1:00pm Caregiver Support Group 1:00pm	10 <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild 1:00pm Cardio Drumming 3:00pm	11 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Gather Around 10:00am & 12:30pm	12 <i>Pedicures for Paws</i> Nail Trim Fundraiser 1:00–4:00pm
14 Chairside Yoga 8:30am Move & Groove 10:00am Blood Drive 10:00am–2:00 pm Mahjong 1:00pm Game On 1:00pm	15 Outreach @ Exchange Bank in Easton 10:00–10:30am Sing-Along Choir 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm NASCAR deadline	16 Zoo & Aquarium 8:30am Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Outreach & Bingo @ West Haven Baptist Church 10:00am	17 Zoo & Aquarium 8:30am Outreach @ Linwood Library 9:00am <i>Ukuleles Unite</i> 10:00am Outreach @ Basehor Library 10:30am; Bingo @ 11:00am Yarn Connection 1:00pm Cardio Drumming 3:00pm	18 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am New Theatre drawing	19
21 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	22 <i>What's Next?</i> Loss Support Group 10:00am—guest speaker Let's Get Sewin' 1:00pm Parkinson's Support Group 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	23 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	24 Mystery Breakfast 8:30am <i>Ukuleles Unite</i> 10:00am Dementia Support Group 1:00-2:00pm Cardio Drumming 3:00pm	25 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am MOW Volunteer Appreciation Lunch 12:30pm	26
28 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm Game On 1:00pm	29 Nancy Bauder Arts 9:00am Effective Self Defense 1:30pm Cardio Drumming 3:00pm Cinco de Mayo sign-up deadline	30 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm		COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777	

FEATURED EVENTS
<p>Knowledge @ Noon: Springtime Fun Join us for some spring inspired dishes that will leave you wanting more! This is hosted by K-State Extension at the Tonganoxie Library.</p> <p>Car Fit: CarFit is an educational program developed by AARP and the American Occupational Therapy Association that offers older adults the opportunity to check how well their personal vehicles "fit" them. This event is hosted by USM OT students free of charge at the COA. Call the front desk at 913-684-0777 to schedule an appointment time.</p> <p>Gather Around: Delicious Diabetic Dinner Enjoy a variety of diabetic-friendly dishes and learn how healthy foods can also be delicious. Minimum per class is 16; max is 24. Cost: \$10; sign up by April 4th.</p> <p>Pedicures for Paws: Nail Trim Fundraiser <i>Bad to the Bone Pet Care</i> is offering nail trims for \$10/dog in the COA parking lot from 1:00-4:00pm. Pets should be up-to-date on all shots. Open to all ages.</p> <p>Red Cross Blood Drive: Open to all ages. Make an appointment at www.redcrossblood.org, on the donor app, or walk-ins are welcome. Give the gift of life!</p> <p>Nancy Bauder Arts: Local artist, Nancy Bauder, will host an acrylic painting class on rocks and tiles. RSVP by 4/25; \$30 due at sign-up. Max 10.</p>