

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.

RECURRING ACTIVITIES

Book Review: Come hear about what others are reading and share your latest find. No assigned reading. No registration or fee.

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.

Puzzles & Pencils: Join us for an hour of puzzle books, jigsaw puzzles and adult coloring books. All supplies are provided.

Sing-Along Choir: Meet new friends while singing favorites from the past! Join anytime. No registration or fee.

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 2024

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

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777		1 Ukulele 10:00am Cardio Drumming 3:00pm	2 Senior Day at the Fair 10:00am –12:00pm LVCO Fairgrounds	3 Paint with Derek 9:00am–12:00pm Learn to Crochet 9:00am–12:00pm
5 Coffee Group 9:00am Blood Drive 10:00am Move & Groove 10:00am Mahjong 1:00pm Puzzles & Pencils 1:30pm	6 <i>Understanding Alzheimer's and Dementia</i> 9:00-10:00am Sing-Along Choir @ COA 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm Grinter Farms Trip Drawing	7 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	8 Ukulele s Unite 10:00am <i>Sewing on the Line</i> Quilt Guild 1:00pm Cardio Drumming 3:00pm	9 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am	10
12 Move & Groove 10:00am Book Review 10:00am Mahjong 1:00pm	13 <i>Know the 10 Warning Signs of Dementia</i> 9:00-10:00am <i>What 's Next?</i> Loss Support Group 10:00am Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	14 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Caregiver Support Group 1:00pm Bunco 1:00pm	15 Mystery Breakfast Trip 8:30am AARP Safe Driving Course 9:00am–1:00pm Ukuleles Unite 10:00am Yarn Connection 1:00pm Cardio Drumming 3:00pm	16 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Gather Around: Brunch with Besties 10:00am and 12:30pm	17
19 Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm Puzzles & Pencils 1:30pm	20 <i>The Empowered Caregiver: Communicating Effectively</i> 9:00–10:00am Outreach @ Exchange Bank in Easton 10:00–10:30am K-State Air Fryer Class @ Tonganoxie Library 12:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	21 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am New Theatre Trip– <i>Newsies</i> 10:15am Outreach & Bingo @ West Haven Baptist Church 10am Bingo 1:00pm	22 Outreach @ Linwood Library 9:00am AARP Safe Driving Course 9:00am–1:00pm Ukuleles Unite 10:00am Outreach @ Basehor Library 10:30am w/Bingo at 11:00am Cardio Drumming 3:00pm	23 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Mystery Breakfast Drawing	24
26 Move & Groove 10:00am Mahjong 1:00pm KC Wheel Trip Drawing	27 <i>Caregivers: Dementia-Related Behavior</i> 9:00–10:00am <i>What 's Next?</i> Loss Support Group 10:00am Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	28 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm	29 Ukuleles Unite 10:00am Cardio Drumming 3:00pm	30 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am	31 NASCAR Experience 8:45am

FEATURED EVENTS

Senior Day at the Fair: Meet us under the Big Top in Tonganoxie. Raffles & entertainment by Josh Bounds, bingo and a free lunch. Age 50+. No cost or reservation needed. 10:00am-12:00pm

Red Cross Blood Drive: Open to all ages. Make an appointment at www.redcrossblood.org on the donor app, or walk-ins are welcome. 10:00am-2:00pm.

Alzheimer's Education Series: Come & learn with us. Classes are held each Tuesday in August from 9:00–10:00am.

AARP Safe Driving Course: Choose one 4-hour class to attend this month. Fee: \$20 AARP Members, \$25 Non-members. Bring your AARP membership number with you to class. Fee collected by instructor by cash or check at beginning of class. Max 15 per class.

Caregiver Support Group: This group, facilitated by Machel Gilhaus, moves to the COA at 1:00pm on the second Wednesday of each month.

Gather Around—Brunch with Besties Nothing is more fun than brunch with your besties. We will be serving quiche, sweet potato hash, a scrumptious blueberry muffin and a flirty, non-alcoholic drink to sip while we chat. RSVP by 8/5. \$8 due at sign-up. If signing up by PayPal, please call to confirm your spot. Max 24 per class.

Air Fryer Class: Air fryers have become increasingly popular over the last few years. Learn how to make foods crisp without extra oils. This class will teach you how to safely use an air fryer, talk about the different features, and have a live demo. Presented by Anita Muniz-GrandPre from the K-State Research & Extension office.