

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

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

JANUARY 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

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777	1 Closed: New Year's Day	2 <i>Ukuleles Unite</i> 10:00am Cardio Drumming 3:00pm	3 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	4 Painting w/ Derek 9:00am-12:00pm Learn to Crochet 9:00am-12:00pm
6 Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	7 Effective Self Defense 1:30pm Cardio Drumming 3:00pm	8 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Caregiver Support Group 1:00pm Bingo 1:00pm	9 Let's Do Local 9:45am <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild 1:00pm Computer Tips 1:00pm Cardio Drumming 3:00pm	10 Chairside Yoga 8:30am Finance Workshop 9:00am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Baseball Museum drawing	11
13 Move & Groove 10:00am Mahjong 1:00pm	14 <i>What's Next?</i> Loss Support Group 10:00am Leftovers with a Purpose 12:00pm Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	15 Chairside Yoga 8:30am Vitaband Exercise 9:45am New Theatre Trip 10:15am Chairside Yoga 10:30am Bunco 1:00pm	16 <i>Ukuleles Unite</i> 10:00am Yarn Connection 1:00pm Cardio Drumming 3:00pm	17 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Lunch & a Movie 11:30am	18
20 Closed: MLK	21 Outreach @ Exchange Bank in Easton 10:00-10:30am Effective Self Defense 1:30pm Cardio Drumming 3:00pm	22 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Outreach & Bingo @ West Haven Baptist Church 10:00am Bingo 1:00pm	23 Mystery Breakfast 8:30am Outreach @ Linwood Library 9:00am <i>Ukuleles Unite</i> 10:00am Outreach @ Basehor Library 10:30am; Bingo @ 11:00am Dementia Support Group 1:00-2:00pm Cardio Drumming 3:00pm	24 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	25
27 Move & Groove 10:00am Mahjong 1:00pm	28 <i>What's Next?</i> Loss Support Group 10:00am Let's Get Sewin' 1:00pm Parkinson's Support Group 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	29 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm	30 <i>Ukuleles Unite</i> 10:00am iPhone Basics 1:00pm Cardio Drumming 3:00pm	31 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Mystery Breakfast drawing	

FEATURED EVENTS

Computer Tips: Join Terry Bartkoski to ask questions and learn computer tips. Sign up at front desk: no cost. Max 5.

Financial Resource Workshop: Join the COA & community partners to learn tips about how to make your money work harder for you and get information on programs that can help stretch your budget. Lunch is provided. Max 35; 9:00am – 3:00pm

- Topics include:**
- Taking Control of Your Finances
 - Money 101
 - Getting to Know Your Local Area Agency on Aging
 - Medicaid, Medicare Saving
 - Program & Home and Community Based Services
 - Eating Right When Money is Tight
 - Understanding Your Taxes & What You Need to Know Before Filing
 - Every Empowering Communities: Utility Assistance and Energy Efficiency Programs

Knowledge @ Noon: Leftovers with a Purpose Tired of eating leftovers after the holidays? This class will teach participants safe and creative ways to repurpose their leftovers. Tonganoxie Library.

Lunch & a Movie: Catch Me If You Can, starring Leonardo DiCaprio and Tom Hanks. In-flight lunch served will be stuffed chicken on a bed of couscous, peas, roll, & dessert. Intermission snacks of popcorn & soda will be provided. Cost: \$9; max of 30. Sign up and pay by 1/13.

Dementia Support Group: Ashley Dill with NOVUS LifeCare Home Health & Hospice will facilitate a dementia support group on the 4th Thursday of the month from 1:00-2:00pm. Open to residents of all ages; no sign-up required.