

## 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

# OCTOBER 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](mailto:seniors1st@leavenworthcounty.gov)

Website: [www.leavenworthcounty.gov/COA](http://www.leavenworthcounty.gov/COA)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
<b>COUNCIL ON AGING</b> 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777		<b>1</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	<b>2</b> Glore Museum Trip 8:45am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am	<b>3</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am <b>Lunch &amp; a Movie 11:30am</b>	<b>4</b> <i>Paint with Derek</i> 9:00am-12:00pm Learn to Crochet 9:00am-12:00pm <b>Pedicures for Paws</b> 1:00-4:00pm
<b>6</b> Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am <b>Blood Drive 11:00am</b> Mahjong 1:00pm	<b>7</b> Cardio Drumming 10:00am Effective Self Defense 11:15am Sing-Along Choir 1:00pm <i>Pumpkin Patch drawing</i>	<b>8</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bunco 1:00pm Caregiver Support Group 2:00pm	<b>9</b> Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild 1:00pm	<b>10</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am <i>Mystery Breakfast drawing</i>	<b>11</b>
<b>13</b> <i>Closed for Columbus Day/ Indigenous Peoples Day</i>	<b>14</b> Cardio Drumming 10:00am <i>Outreach @ Exchange Bank in Easton 10:00–10:30am</i> <i>What's Next?</i> Loss Support Group 10:30am Effective Self Defense 11:15am <b>Knowledge @ Noon: <i>Spice up your Autumn!</i></b>	<b>15</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am <i>Outreach &amp; Bingo @ West Haven Baptist Church 10:00am</i> Chairside Yoga 10:30am Bingo 1:00pm	<b>16</b> Mystery Breakfast 8:30am <i>Outreach @ Linwood Library 9:00am</i> Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am <i>Outreach @ Basehor Library 10:30am; Bingo @ 11:00am</i> Yarn Connection 1:00pm	<b>17</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am <i>Oak Park Mall Trip drawing</i>	<b>18</b>
<b>20</b> Chairside Yoga 8:30am Coffee Group 9:00am	<b>21</b> Cardio Drumming 10:00am Effective Self Defense 11:15am Sing-Along Choir—sing out	<b>22</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm	<b>23</b> Carolyn's Pumpkin Patch 9:00am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am Dementia Support 1:00pm	<b>24</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	<b>25</b>
<b>27</b> Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm <i>Game On</i> 1:00pm	<b>28</b> Cardio Drumming 10:00am <i>What's Next?</i> Loss Support Group 10:30am Effective Self Defense 11:15am <i>Let's Get Sewin'</i> 1:00pm Parkinson's Support Group 1:00 pm	<b>29</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am <b>Karaoke 1:00pm</b>	<b>30</b> Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am	<b>31</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am <b>Halloween Party 1:00pm</b>	

FEATURED  
EVENTS

**Lunch & a Movie:** Join us for some yummy football favorites before watching *Little Giants*. We will feast on Chopped Italian Sub Sandwiches, Chili Cheese Tater Tots, Veggies & Dip, and Grasshopper Brownies. Inter-mission snacks of popcorn and soda. \$10 due at sign-up. 30 max/20 minimum; deadline 9/26.

**Pedicures for Paws Nail Trim Fundraiser** On Saturday, Oct. 4th, Bad to the Bone Boarding & Grooming 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.

**Knowledge @ Noon: *Spice up your Autumn!*** Join us to learn about the health benefits of fall spices. Tonganoxie Library; no fee.

**Karaoke:** Love to sing or hear your friends sing? Unleash your inner superstar at the COA's first karaoke event on the fifth Wednesday during normal game time. It's sure to be a hit! No cost.

**Halloween Party:** Come in your best costume for some spooky treats and festive games. Prizes given for the Funniest, Most Original and Overall Best Halloween costume. Be the judge of the staff pumpkin painting/carving contest as well. \$4 due at sign-up.