

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 or weekly cost; please 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

NOVEMBER 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
	COUNCIL ON AGING 711 Marshall St., Ste.100 Leavenworth, KS, 66048 913.684.0777				1 No painting or crochet classes	Craft w/ Bling Equals Dreams Boutique: Feel like being crafty? Gather your friends to come make an adorable wooden winter door hanger. A sample of the project will be displayed in the COA's lobby. Cost: \$15 due at sign-up. Class min. is 10, max. is 15. Knowledge @ Noon: "Is It Real? Scratch versus Box" In this session, we will taste-test recipes that we made from scratch versus boxed (pre-made ingredients). Learn to taste the difference. Tonganoxie Library; no fee. **Please note the date change because of the holiday. AARP Safe Driving Course: Fee: \$20 AARP members, \$25 non-members. Bring your AARP card/membership number with you. Fee collected by instructor by cash or check at the beginning of class. Sign up at front desk. Thanksgiving Lunch: Enjoy a catered lunch and celebrate with us all the things for which you are thankful. \$10 due at sign-up; deadline 11/17. Living Whole Health: Join Whole Health Coaches Billie Blenden and Laura Alexander for a tour of the <i>Circle of Health</i> to empower you to take control of your physical and mental well-being. No cost, sign up by 11/17. Santa Sack Stuffing: Get your "elf" on and sign up to volunteer to stuff Santa Sacks in an assembly line for Christmas delivery. Breakfast will be served. Space is limited.
3 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Craft w/Bling 10:30am Mahjong 1:00pm	4 Cardio Drumming 10:00am Effective Self Defense 11:15am Knowledge @ Noon: <i>Scratch vs. Box</i> Sing-Along Choir 1:00pm	5 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	6 Mystery Breakfast 8:30am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am	7 Chairside Yoga 8:30am AARP Safe Driving Course 9:00am-1:00pm Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	8	
10 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm <i>Game On</i> 1:00pm	11 Closed for Veterans Day	12 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bunko 1:00pm Caregiver Support Group 2:00pm	13 Oak Park Mall trip 9:30am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am Yarn Connection 1:00pm <i>Sewing on the Line</i> Quilt Guild 1:00pm	14 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	15	
17 Chairside Yoga 8:30am Coffee Group 9:00am Mahjong 1:00pm <i>Game On</i> 1:00pm	18 Cardio Drumming 10:00am Outreach @ Exchange Bank in Easton 10:00–10:30am Effective Self Defense 11:15am Sing-Along Choir-sing out New Theatre Drawing	19 Chairside Yoga 8:30am Vitaband Exercise 9:45am Outreach & Bingo @ West Haven Baptist Church 10:00am Chairside Yoga 10:30am Bingo 1:00pm	20 Outreach @ Linwood Library 9:00am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am Outreach @ Basehor Library 10:30am; Bingo @ 11:00am Yarn Connection 1:00pm	21 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Thanksgiving Lunch 11:30am	22	
24 No Morning Activities Roasterie Tour 9:00am Mahjong 1:00pm Living Whole Health 1:00pm	25 Santa Sack Stuffing 8:15am <i>Let's Get Sewin'</i> 1:00pm Parkinson's Support Group 1:00 pm <i>What's Next?</i> Loss Support 1:00pm	26 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm Mystery Breakfast drawing	27 Closed for Thanksgiving	28 Closed for Thanksgiving	29	