

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.

Puzzles & Pastimes: 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

DECEMBER 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

DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
2 Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm Puzzles & Pastimes 1:00pm Lunch & a Movie deadline	3 Alzheimer's Series Part 3 9:00am Sing-Along Choir @ COA 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	4 Chairside Yoga 8:30am Holiday Reflections Trip 9:00am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	5 Holiday Reflections Trip 9:00am <i>Ukuleles Unite</i> 10:00am Cardio Drumming 3:00pm	6 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Lunch & a Movie 11:30am	7 Painting w/ Derek 9:00am-12:00pm Learn to Crochet 9:00am-12:00pm
9 Move & Groove 10:00am Mahjong 1:00pm	10 Alzheimer's Series Part 4 9:00am <i>What's Next?</i> Loss Support Group 10:00am Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm K-State—Holiday Treats 12:00pm @ Tongie Library Cardio Drumming 3:00pm	11 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Caregiver Support Group 1:00pm Bunco 1:00pm	12 <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild 1:00pm iPhone Tips 1:00pm Cardio Drumming 3:00pm	13 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Computer Tips 1:00pm LV Historical Museum drawing	14
16 Coffee Group 9:00am Red Cross Blood Drive 9:00am-2:00pm Move & Groove 10:00am Mahjong 1:00pm Puzzles & Pastimes 1:00pm	17 Alzheimer's Series Part 5 9:00am Outreach @ Exchange Bank in Easton 10:00–10:30am Sing-Along Choir: sing-out Effective Self Defense 1:30pm Parkinson's Support Group 1:00pm Cardio Drumming 3:00pm New Theatre trip drawing	18 Chairside Yoga 8:30am Vitaband Exercise 9:45am Outreach & Bingo @ West Haven Baptist Church 10:00am Chairside Yoga 10:30am Bingo 1:00pm	19 Mystery Breakfast 8:30am Outreach @ Linwood Library 9:00am <i>Ukuleles Unite</i> 10:00am Outreach @ Basehor Library 10:30am; Bingo at 11:00am Yarn Connection 1:00pm Cardio Drumming 3:00pm	20 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	21
23 Mahjong 1:00pm	24 Closed for Christmas Eve	25 Closed for Christmas	26 <i>Ukuleles Unite</i> 10:00am	27 Mahjong 10:00am	28
30 Move & Groove 10:00am Mahjong 1:00pm	31 New Year's Party 1:00pm Cardio Drumming 3:00pm			COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777	

FEATURED EVENTS

Alzheimer's Association: 5-Part Empowered Caregiver Education Series: This series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. No cost; sign up at COA front desk.

December 3: *Communicating Effectively*

December 10: *Responding to Dementia-Related Behaviors*

December 17: *Exploring Care and Support Services*

Lunch & a Movie: Join us to watch *Jingle All the Way* and enjoy a festive dinner of ham, sweet potatoes, Brussel sprouts, roll, & blondie brownie. Intermission snacks. \$9 due at sign up; max 30. Deadline 12/2.

K-State Extension: Holiday Treats Holiday treats don't always have to be sweet! This session will cover both sweet and savory treats you can bring to your next gathering or party. No cost or sign up.

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

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 in Activity Room C.

New Year's Party: Come help us ring in the New Year with games, live music, treats, & black-eyed peas for good luck! Deadline 12/26; \$4.