

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

FEBRUARY 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

FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
 <p>COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777</p>					<p>1 Painting w/ Derek 9:00am-12:00pm Learn to Crochet 9:00am-12:00pm</p>
<p>3 Financial Resource Workshop 9:00-3:00pm Coffee Group 9:00am Red Cross Blood Drive 10:00am-2:00pm Mahjong 1:00pm</p>	<p>4 Dining w/ Diabetes 10:00am Effective Self Defense 1:30pm Cardio Drumming 3:00pm</p>	<p>5 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm</p>	<p>6 Chocolate Shop Trip 9:00am <i>Ukuleles Unite</i> 10:00am Cardio Drumming 3:00pm</p>	<p>7 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am <i>New Theatre drawing</i></p>	<p>8</p>
<p>10 Move & Groove 10:00am Mahjong 1:00pm <i>Museum of Art drawing</i></p>	<p>11 Dining w/ Diabetes 10:00am <i>What's Next?</i> Loss Support Group 10:00am Knowledge @ Noon: Love the Groundhog 12:00pm Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm</p>	<p>12 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Caregiver Support Group 1:00pm Bunco 1:00pm</p>	<p>13 KS Talking Books 9:00am <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild 1:00pm</p>	<p>14 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Valentine's Day Party 1:00pm</p>	<p>15</p>
<p>17 Closed: Washington's Birthday</p>	<p>18 Dining w/ Diabetes 10:00am <i>Outreach @ Exchange Bank in Easton 10:00-10:30am</i> Effective Self Defense 1:30pm Cardio Drumming 3:00pm</p>	<p>19 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am <i>Outreach & Bingo @ West Haven Baptist Church 10:00am</i> Bingo 1:00pm USM Health Fair 1:00pm</p>	<p>20 I-Fly Indoor Skydiving 8:45am <i>Outreach @ Linwood Library 9:00am</i> <i>Ukuleles Unite</i> 10:00am <i>Outreach @ Basehor Library 10:30am; Bingo @ 11:00am</i> Yarn Connection 1:00pm</p>	<p>21 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am</p>	<p>22</p>
<p>24 Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm</p>	<p>25 Dining w/ Diabetes 10:00am <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</p>	<p>26 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm</p>	<p>27 Mystery Breakfast 8:30am <i>Ukuleles Unite</i> 10:00am Dementia Support Group 1:00-2:00pm Cardio Drumming 3:00pm</p>	<p>28 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Gather Around: Dipped in Chocolate 10:00am and 12:30pm</p>	

FEATURED EVENTS

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; sign up by 1/29.

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

K-State Extension's Knowledge @ Noon: Love the Groundhog Will the groundhog see his shadow this year? We aren't sure, but we know that he can't do it on an empty stomach! Join us for recipes inspired by this folklore. Tonganoxie Library.

Kansas Talking Books: Are you or a loved one experiencing difficulty reading traditional print due to age, vision loss, or other physical challenges? Kansas Talking Books is here to help. This program offers FREE access to a vast library of audiobooks, magazines, and news sources, ensuring that everyone can continue to enjoy reading.

Valentine's Day Party: Join us for games, sweet treats and the crowning of our Valentine Royalty. Sign up and prepay \$4 by 2/10.

USM Health Fair: Physical Therapy students from the University of Saint Mary will host a health fair at the COA offering a variety of ways to improve health. Drop in anytime from 1:00-4:00pm; no cost.

Gather Around: Dipped in Chocolate Come explore the decadent delights of chocolate in all parts of the meal: a dip, a main course and a dessert! We will be enjoying White Chocolate Baba Ghanoush with Pita Chips, Cocoa Spice Rubbed Pork Tenderloin, and a personal Lava Cake! Max is 24 per class with a minimum of 18 for each class. Cost: \$10, sign up by 2/21.