

## GAMES

**Bingo:** No registration. \$2 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

Si sientes que has sido discriminado, llame al

## LEAVENWORTH COUNTY COUNCIL ON AGING

# FEBRUARY 2026

## 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)

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	FEATURED EVENTS
<b>2</b> Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am <b>Blood Drive 11:00am</b> Mahjong 1:00pm	<b>3</b> Cardio Drumming 10:00am Sing-Along Choir 1:00pm Buffalo Trip Drawing	<b>4</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	<b>5</b> Cardio Drumming 10:00am Ukuleles Unite 10:00am	<b>6</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	<b>7</b> Paint w/Derek 9:00am-12:00pm  Learn to Crochet 9:00am-12:00pm	<b>Red Cross Blood Drive:</b> Open to all ages. Make an appointment at <a href="http://www.redcrossblood.org">www.redcrossblood.org</a> , on the blood donor app, or walk-ins welcome. 11:00am-3:00pm  <b>Knowledge @ Noon: <i>Don't be Salty</i>.</b> February is <i>Heart Health Month</i> . We will discuss sodium levels in pre-packaged foods, how to reduce salt usage, and take a look at how salty we really are. No cost; Tonganoxie Library.  <b>Let's Be Handy:</b> Are you handy or enjoy working with your hands? <i>Let's Be Handy</i> is a new social group for seniors who want to stay active, learn new skills, and work together on meaningful community projects. All skill levels welcome and no experience required. Tools, guidance, and good company provided.  <b>Valentine's Party:</b> Join us for a delicious treat, entertainment, and the crowning of our COA Valentine's Royalty. It will be an afternoon you won't want to miss! \$4 due at sign-up; deadline 2/10.  <b>Munchies &amp; a Movie:</b> We will be showing the Olympic themed, romantic comedy, <i>The Cutting Edge</i> . No lunch will be served, but we will have a great intermission with a fun and filling snack. The snack this time will be a chocolate fountain with Olympic rings dipping options. We will also have popcorn and soda. \$5 due at sign-up; deadline 2/13. Min 20, max 30.
<b>9</b> Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm Game On 1:00pm	<b>10</b> Cardio Drumming 10:00am <b>Knowledge @ Noon: <i>Don't be Salty</i></b> <i>What's Next?</i> Loss Support 10:30am <i>Let's Get Sewin'</i> 1:00pm <b><i>Let's Be Handy</i> 1:00pm</b> Titanic Trip Drawing	<b>11</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am <b>New Theatre 10:15am</b> Chairside Yoga 10:30am Bunko 1:00pm Caregiver Support Group 2:00pm	<b>12</b> Cardio Drumming 10:00am Ukuleles Unite 10:00am  <i>Sewing on the Line</i> Quilt Guild 1:00pm	<b>13</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am <b>Valentine's Party 1:00pm</b>	<b>14</b>	
<b>16</b>  Closed For President's Day	<b>17</b> Cardio Drumming 10:00am Outreach @ Exchange Bank in Easton 10:00–10:30am Sing-Along Choir– sing out	<b>18</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Outreach & Bingo @ West Haven Baptist Church 10:00am Chairside Yoga 10:30am Bingo 1:00pm	<b>19</b> Mystery Breakfast 8:30am Outreach @ Linwood Library 9:00am Cardio Drumming 10:00am Ukuleles Unite 10:00am Outreach @ Basehor Library 10:30am; Bingo @ 11:00am Yarn Connection 1:00pm	<b>20</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am <b>Munchies &amp; a Movie 12:00pm</b>	<b>21</b>	
<b>23</b> Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm Game On 1:00pm	<b>24</b> Cardio Drumming 10:00am <i>What's Next?</i> Loss Support 10:30am Parkinson's Support Group 1:00 pm <i>Let's Get Sewin'</i> 1:00pm <b><i>Let's Be Handy</i> 1:00pm</b>	<b>25</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm	<b>26</b> Buffalo Art Trip 9:30am Cardio Drumming 10:00am Ukuleles Unite 10:00am	<b>27</b> Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	<b>28</b>	
		 <div>COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777</div>				