

## 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

Si sientes que has sido discriminado, llame al

## LEAVENWORTH COUNTY COUNCIL ON AGING

MARCH 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

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
 <p>COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777</p>					<p><b>1</b> Painting w/ Derek 9:00am-12:00pm  Learn to Crochet 9:00am-12:00pm</p>
<p><b>3</b> Chairside Yoga 8:30am  Coffee Group 9:00am  Move &amp; Groove 10:00am  Mahjong 1:00pm</p>	<p><b>4</b> Effective Self Defense 1:30pm  Cardio Drumming 3:00pm  <b>Mystery Breakfast drawing</b></p>	<p><b>5</b> Chairside Yoga 8:30am  Vitaband Exercise 9:45am  Chairside Yoga 10:30am  Bingo 1:00pm</p>	<p><b>6</b> Art Museum Trip 9:00am  <i>Ukuleles Unite</i> 10:00am  Cardio Drumming 3:00pm</p>	<p><b>7</b> Chairside Yoga 8:30am  Vitaband Exercise 9:45am  Mahjong 10:00am  Chairside Yoga 10:30am</p>	<p><b>8</b></p>
<p><b>10</b> Chairside Yoga 8:30am  Move &amp; Groove 10:00am  Mahjong 1:00pm  <b>Game On 1:00pm</b>  <b>Let's Do Local drawing</b></p>	<p><b>11</b> <i>What's Next?</i> Loss Support Group 10:00am  <b>Knowledge @ Noon: Green Themed 12:00pm</b>  Let's Get Sewin' 1:00pm  Effective Self Defense 1:30pm  Cardio Drumming 3:00pm</p>	<p><b>12</b> Chairside Yoga 8:30am  Vitaband Exercise 9:45am  New Theatre trip 10:15am  Chairside Yoga 10:30am  Caregiver Support Group 1:00pm  Bunco 1:00pm</p>	<p><b>13</b> <i>Ukuleles Unite</i> 10:00am  <i>Sewing on the Line</i> Quilt Guild 1:00pm  Cardio Drumming 3:00pm</p>	<p><b>14</b> Chairside Yoga 8:30am  Vitaband Exercise 9:45am  Mahjong 10:00am  Chairside Yoga 10:30am</p>	<p><b>15</b></p>
<p><b>17</b> Chairside Yoga 8:30am  Coffee Group 9:00am  Move &amp; Groove 10:00am  Mahjong 1:00pm  <b>St. Patrick's Day Party 1:00pm</b></p>	<p><b>18</b> <b>Outreach @ Exchange Bank in Easton 10:00-10:30am</b>  <b>Sing-Along Choir 1:00pm</b>  Effective Self Defense 1:30pm  Cardio Drumming 3:00pm</p>	<p><b>19</b> Chairside Yoga 8:30am  Vitaband Exercise 9:45am  Chairside Yoga 10:30am  <b>Outreach &amp; Bingo @ West Haven Baptist Church 10:00am</b>  Bingo 1:00pm</p>	<p><b>20</b> <b>Outreach @ Linwood Library 9:00am</b>  <i>Ukuleles Unite</i> 10:00am  <b>Outreach @ Basehor Library 10:30am; Bingo @ 11:00am</b>  Yarn Connection 1:00pm  Cardio Drumming 3:00pm</p>	<p><b>21</b> Chairside Yoga 8:30am  Vitaband Exercise 9:45am  Mahjong 10:00am  Chairside Yoga 10:30am  <b>Zoo &amp; Aquarium drawing</b></p>	<p><b>22</b></p>
<p><b>24/31</b> Chairside Yoga 8:30am  Move &amp; Groove 10:00am  Mahjong 1:00pm  <b>Game On 1:00pm</b></p>	<p><b>25</b> <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><b>26</b> Chairside Yoga 8:30am  Vitaband Exercise 9:45am  Chairside Yoga 10:30am  Farkle 1:00pm</p>	<p><b>27</b> Mystery Breakfast 8:30am  <i>Ukuleles Unite</i> 10:00am  Dementia Support Group 1:00-2:00pm  Cardio Drumming 3:00pm</p>	<p><b>28</b> Chairside Yoga 8:30am  Vitaband Exercise 9:45am  Chairside Yoga 10:30am  <b>Lunch &amp; a Movie 11:30am</b>  <b>Mystery Breakfast drawing</b></p>	

## FEATURED EVENTS

**Chairside Yoga: NEW CLASS TIME**  
We've added a third yoga class on Mondays at 8:30am. Chairside yoga is a gentle form of yoga that can be practiced while seated or using a chair for balance. This class aims to improve flexibility, balance and strength while increasing focus and muscle tone.

**Game On:** Join fellow "unplugged" gamers from 1-2:30 on the 2nd and 4th Monday of each month for anything from Dominos, Scrabble, Uno, Chess, Jenga, or cards, to the latest game craze of your choice. Spread the word and invite your friends ages 50+. COA will provide the space and a few game options. Bring your own snacks and drinks.

**K-State Extension's Knowledge @ Noon: Green Themed** This class includes all green-inspired recipes in preparation for spring events. If you miss this colorful and vibrant class, you'll be "green with envy" that you missed out!

**St. Patrick's Day Party:** Join us for some St. Patrick's Day shenanigans and treats. Sign up and prepay \$4 by 3/10.

**Sing-Along Choir:** This activity resumes March 18th with a new choir director. Welcome, Howard Anderson!

**Lunch & a Movie: *Letters to Juliet***  
Enjoy an Italian-inspired menu of chicken parmesan, bread stick, veggie & dessert followed by the movie, *Letters to Juliet*, set in Verona, Italy. Popcorn and soda during intermission. Deadline 3/17: \$10 due at sign-up. Max 30.