

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

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LEAVENWORTH COUNTY COUNCIL ON AGING

MARCH 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

Website: www.leavenworthcounty.gov/COA

MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	
2 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	3 Cardio Drumming 10:00am Chairside Karate w/Slo Mo Do Jo 11:15am Sing-Along Choir 1:00pm	4 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	5 Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am	6 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	7 Paint w/Derek 9:00am-12:00pm Learn to Crochet 9:00am-12:00pm	
9 Chairside Yoga 8:30am Move & Groove 10:00am Senior Impact Series: Cyber Security, LV CO Register of Deeds, and Understanding New Tax Updates 11:30am Mahjong 1:00pm <i>Game On</i> 1:00pm	10 Cardio Drumming 10:00am <i>What's Next?</i> Loss Support 10:30am Chairside Karate w/Slo Mo Do Jo 11:15am Knowledge @ Noon: Garden Party <i>Let's Get Sewin'</i> 1:00pm <i>Let's Be Handy</i> 1:00pm	11 Chairside Yoga 8:30am Titanic Exhibit 9:00am Vitaband Exercise 9:45am Chairside Yoga 10:30am Caregiver Support Group 2:00pm	12 Titanic Exhibit 9:00am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild 1:00pm	13 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	14	
16 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	17 Cardio Drumming 10:00am Outreach @ Exchange Bank in Easton 10:00-10:30am Chairside Karate w/Slo Mo Do Jo 11:15am Sing-Along Choir- sing out	18 Chairside Yoga 8:30am Vitaband Exercise 9:45am Outreach & Bingo @ West Haven Baptist Church 10:00am Chairside Yoga 10:30am Farkle 1:00pm Public Hearing 1:30pm	19 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	20 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Gather Around 10:00am & 12:30pm	21	
23 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm <i>Game On</i> 1:00pm	24 Cardio Drumming 10:00am <i>What's Next?</i> Loss Support 10:30am Chairside Karate w/Slo Mo Do Jo 11:15am Parkinson's Support Group 1:00 pm <i>Let's Get Sewin'</i> 1:00pm	25 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	26 Mystery Breakfast 8:30am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am	27 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Andretti Kart drawing	28	
30 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm	31 Cardio Drumming 10:00am Chairside Karate w/Slo Mo Do Jo 11:15am					COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777

FEATURED EVENTS

Chairside Karate with Slo Mo Do Jo: Looking for a low impact, martial arts based exercise class? *Slo Mo Do Jo* combines martial arts techniques with strengthening, balance, and flexibility. If you like chair yoga, you'll like this!

Senior Impact Series: The COA is excited to launch the *Senior Impact Series*; a series of presentations that are intended to keep our 50+ population in the know about matters that impact their daily lives. Each session will feature guest speakers from local organizations to discuss updates about projects, programs, and resources. Each session provides a Q&A after each presentation.

Knowledge@Noon: Garden Party
 With sunnier days ahead, you'll want to start thinking about fresh produce picks straight from the garden. Join us for some garden-fresh recipes that will "turnip the beet" to any spring party. No cost; Tonganoxie Library.

Gather Around: March Madness
 It's that time of year when we all get a bit crazy for college basketball. What better way to watch the games than with munchies that can be a meal? You won't be "upset" with these tasty treats of Ham Jam Sandwiches, Outrageously-Good Stuffed Celery, Zucchini Bread Sticks, and Giant Peanut Butter and M&M Cookies. Come show your school spirit while cooking and preparing for the big dance. \$10 due at sign-up; deadline 3/13. Class min. 18, max 24.

Public Hearing: Join the COA's Leadership Team to hear about the COA's programs and services and share your thoughts about issues affecting seniors. No cost.