

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. 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 1.866.305.1343

LEAVENWORTH COUNTY COUNCIL ON AGING

APRIL 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

6
2
0
2
L
R
A

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT. |
|---|---|---|---|--|--|
|  | | 1 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm | 2 <i>Dining w/Diabetes</i> 9:00am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am | 3 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am | 4 Paint w/Derek 9:00am-12:00pm Learn to Crochet 9:00am-12:00pm |
| 6 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm | 7 Cardio Drumming 10:00am Slo Mo Do Jo 11:15am Knowledge @ Noon: "April showers bring May flours" Sing-Along Choir 1:00pm Mini-Golf Party 1:00pm | 8 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bunco 1:00pm Caregiver Support Group 2:00pm | 9 Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild 1:00pm <i>Dining w/Diabetes</i> 1:00pm | 10 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Meals on Wheels Volunteer Appreciation Lunch 12:30pm | 11 Community Support Drive 10:00am-2:00pm |
| 13 Chairside Yoga 8:30am Move & Groove 10:00am Blood Drive 11:00am Mahjong 1:00pm <i>Game On</i> 1:00pm <i>Mural Trip Drawing</i> | 14 Cardio Drumming 10:00am Outreach @ Exchange Bank in Easton 10:00-10:30am <i>What's Next? Loss Support</i> 10:30am Slo Mo Do Jo 11:15am <i>Let's Get Sewin'</i> 1:00pm <i>Let's Be Handy</i> 1:00pm | 15 Chairside Yoga 8:30am Vitaband Exercise 9:45am Outreach & Bingo @ West Haven Baptist Church 10:00am Chairside Yoga 10:30am Bingo 1:00pm | 16 Outreach @ Linwood Library 9:00am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am Outreach @ Basehor Library 10:30am; Bingo @ 11:00am Munchies & a Movie 12:00pm Yarn Connection 1:00pm <i>Dining w/Diabetes</i> 1:00pm | 17 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Munchies & a Movie 12:00pm | 18 Pedicures for Paws Bad to the Bone Pet Care is offering nail trimming for \$10/dog in the COA parking lot. 1:00-4:00pm Open to all ages. |
| 20 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm <i>New Theatre drawing</i> | 21 Cardio Drumming 10:00am Slo Mo Do Jo 11:15am Sing-Along Choir 1:00pm | 22 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm | 23 Andretti Karts 9:45am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am <i>Dining w/Diabetes</i> 1:00pm | 24 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Pen Pal Reception 1:30pm | 25 |
| 27 Chairside Yoga 8:30am Move & Groove 10:00am St. John's Hospital PT 11:00am Mahjong 1:00pm <i>Game On</i> 1:00pm <i>Short Stack drawing</i> | 28 Cardio Drumming 10:00am <i>What's Next? Loss Support</i> 10:30am Slo Mo Do Jo 11:15am Parkinson's Support Group 1:00 pm <i>Let's Get Sewin'</i> 1:00pm <i>Let's Be Handy</i> 1:00pm | 29 Chairside Yoga 8:30am Mahjong Tournament 9:00am Vitaband Exercise 9:45am Chairside Yoga 10:30am | 30 Mystery Breakfast 8:30am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am | COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777  | |

FEATURED EVENTS

Dining with Diabetes Series: K-State will be offering this series designed especially for people with type 2 diabetes. This program will help you learn the skills needed to promote good health. Registration through K-State with Anita at 913.364.5700. Register by 3/25; cost \$50.

Knowledge @ Noon: April Showers Bring May Flours - Have you ever wondered why there are different types of flour at the grocery store? Do you know which one to use for cooking or baking? This session will be a "loaf" of fun that you won't want to miss! No cost; Tonganoxie Library.

Mini Golf Party: Join us to christen our new mini golf course and "master" the art of putting. All experience levels are welcome! Music and snacks provided. Cost: \$5 due at sign-up.

Munchies & a Movie: Join us in watching the movie *Babe* and enjoying English Tea Treats of scones, Madeleines, quiche, & cucumber sandwiches. Soda and popcorn served for intermission as well! Cost \$5 due at sign-up; deadline 4/10. Min. 15; Max. 30. 2 days offered!

St. John's Hospital PT: Defying Gravity: Don't Let a Fall Get You Down! Formal 1 hour presentation followed by 1 hour of hands-on lab for better understanding if you are a fall risk and trial getting up off the floor with therapist cueing, going through exercises, etc. No cost; lunch provided.

Garden Party Mahjong Tournament: Spring is in the air! Come enjoy a day of flowers and fun! \$15 includes entry fee, lunch & prizes. Experienced players only. Deadline 4/22.