

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 Karate: Looking for a low impact, martial arts based exercise class? *Slo Mo Do Jo* combines martial arts techniques with strengthening, balance, and flexibility.

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

MAY 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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777			1 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	2 Paint w/Derek 9:00am-12:00pm Learn to Crochet 9:00am-12:00pm
4 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm Streetcar trip drawing	5 Hispanic Murals Trip 9:00am Cardio Drumming 10:00am Chairside Karate 11:15am Sing-Along Choir—sing out	6 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	7 Cardio Drumming 10:00am Ukuleles Unite 10:00am	8 Positive Aging Resource Fair 10:00am-2:00pm 	9
11 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm Game On 1:00pm	12 Cardio Drumming 10:00am Knowledge @ Noon: Inexpensive Meals 12:00pm Let's Get Sewin' 1:00pm Let's Be Handy 1:00pm	13 Chairside Yoga 8:30am Vitaband Exercise 9:45am New Theatre 10:15am Chairside Yoga 10:30am Bunco 1:00pm Conversations with Kat 2:00pm	14 Cardio Drumming 10:00am Ukuleles Unite 10:00am Sewing on the Line Quilt Guild 1:00pm	15 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	16
18 Short Stack trip 8:30am Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	19 Cardio Drumming 10:00am Outreach @ Exchange Bank in Easton 10:00–10:30am Chairside Karate 11:15am Sing-Along Choir—sing out	20 Chairside Yoga 8:30am Outreach & Bingo @ West Haven Baptist Church 10:00am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	21 Short Stack trip 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	22 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Mystery Breakfast drawing	23
25 Closed For Memorial Day	26 Cardio Drumming 10:00am Parkinson's Support Group 1:00 pm Let's Get Sewin' 1:00pm Let's Be Handy 1:00pm	27 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm	28 Streetcar Adventure 8:30am Cardio Drumming 10:00am Ukuleles Unite 10:00am	29 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	30

FEATURED EVENTS

Positive Aging Resource Fair: The COA is partnering with local organizations to host a free resource fair in celebration of Older Americans Month! Enjoy a free boxed lunch, 50/50 raffle, and bingo. If you need transportation, please call for a FREE RIDE: 913-684-0778. Sign up by 5/4.

Knowledge @ Noon: Inexpensive Meals Expecting a crowd of people and need to plan a party on a budget? Or, perhaps you're wondering how to cut food costs for a smaller household? This session will give you some budget-friendly recipes that are worth sharing or keeping to yourself! No cost; Tonganoxie Library.

Conversations with Kat: *Conversations with Kat* is a supportive, judgment-free space where caregivers can come together to talk openly about caregiving, anticipatory grief, end-of-life planning, and navigating life after loss. Each month, we'll explore meaningful topics, share experiences, and learn practical steps to help you feel more prepared and supported - both now and in the future.

May: Starting the Conversation: What Does 'The Next Chapter' Mean?

- Introductions + group expectations
- Opening discussion about fears, hopes, and experiences
- Normalize talking about death and loss

June: Anticipatory Grief: Grieving Before Loss

- What anticipatory grief looks like
- Guilt, sadness, and emotional exhaustion
- Coping strategies