

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.

Bands, Balls, & Balance: This exercise class combines resistance bands, stability balls and balance exercises. It is designed to enhance mobility, stability, core strength and balance. Suitable for all fitness levels.

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

JUNE 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.	FEATURED EVENTS
1 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	2 Cardio Drumming 10:00am Sing-Along Choir—Sing Out	3 Chairside Yoga 8:30am Bands, Balls & Balance 9:45am Chairside Yoga 10:30am Bingo 1:00pm	4 Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am	5 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	6 Paint w/Derek 9:00am-12:00pm Dog & Jog 9:00am register 10:00am start	<p>Bands, Balls & Balance: This exercise class combines resistance bands, stability balls, and balance exercises. It is designed to enhance mobility, stability, core strength and improve balance. Suitable for all fitness levels.</p> <p>Dog & Jog: Our first annual Dog & Jog, a dog-friendly 3K run/walk, will take place on Saturday, June 6th. Participants and their pups will enjoy a short jaunt from the COA to Bad to the Bone Boarding & Grooming and back. Runners and walkers are encouraged to sign up by May 15th. \$35 registration fee due at sign up.</p> <p>AARP Safe Driving Course: Fee: \$20 AARP members, \$25 non-members. Bring your AARP card/membership number with you. Fee collected by instructor by cash or check at the beginning of class. Sign up at front desk.</p> <p>Knowledge @ Noon: Summer Salsas Sweet, spicy, and totally fresh! Learn how to make fresh, colorful summer salsas using seasonal produce—perfect for chips, tacos, grilling and more! Tonganoxie Library; no cost.</p> <p>Gather Around: World Cup Beginning in June, the eyes of the world will be on the World Cup and Kansas City. KC will be hosting the reigning World Cup soccer champions, Argentina! In this session, we will be learning about Argentinian food and fun facts about the country. We will have faina (chickpea flatbread), locro (hearty stew) and chocotorta (no-bake chocolate dessert). \$10 due at sign-up; deadline 6/5. Min. 18, Max 24.</p> <p>Senior Impact Series: The COA will offer 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. This session's presenters are from Right Place Advisors, the City of LV Rental Property Coordinator, and a data center discussion with Cloverleaf. Call to reserve your spot; seats are limited.</p>
8 Chairside Yoga 8:30am Move & Groove 10:00am Blood Drive 11:00am—3:00pm Mahjong 1:00pm <i>Game On</i> 1:00pm <i>Parade of Hearts</i> drawing	9 AARP Safe Driving Course 9:00—1:00pm Cardio Drumming 10:00am <i>What's Next?</i> Loss Support 10:00am Knowledge @ Noon: Summer Salsas <i>Let's Get Sewin'</i> 1:00pm <i>Let's Be Handy</i> 1:00pm	10 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bunco 1:00pm <i>Conversations with Kat</i> 2:00pm	11 Mystery Breakfast 8:30am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild 1:00pm	12 Chairside Yoga 8:30am Vitaband Exercise 9:45am Gather Around 10:00am & 12:30pm Mahjong 10:00am Chairside Yoga 10:30am	13 Pedicures for Paws Fundraiser Bad to the Bone Pet Care is offering pet nail trimming for \$10/dog in the COA parking lot from 1:00-4:00pm. Open to all ages.	
15 Elder Abuse Awareness Day: Wear Purple! Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	16 Parade of Hearts Van Trip 9:00am Cardio Drumming 10:00am Outreach @ Exchange Bank in Easton 10:00—10:30am Sing-Along Choir 1:00pm	17 Chairside Yoga 8:30am Bands, Balls & Balance 9:45am Outreach & Bingo @ West Haven Baptist Church 10:00am Chairside Yoga 10:30am Bingo 1:00pm	18 Cardio Drumming 10:00am Outreach @ Linwood Library 9:00am <i>Ukuleles Unite</i> 10:00am Outreach @ Basehor Library 10:30am; Bingo @ 11:00am Yarn Connection 1:00pm	19 Closed for Juneteenth	20 9th Annual Sweet Exchange 8:00 am—4:00pm at KCKCC Do What You Love to End Alz Mahjong Tournament 9:00am KCKCC	
22 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm <i>Game On</i> 1:00pm	23 Cardio Drumming 10:00am <i>What's Next?</i> Loss Support 10:00am Parkinson's Support Group 1:00 pm <i>Let's Get Sewin'</i> 1:00pm <i>Let's Be Handy</i> 1:00pm	24 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm	25 Go Ape Zipline trip 8:30am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am	26 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	27	
29 Chairside Yoga 8:30am Move & Groove 10:00am Senior Impact Series 12pm Mahjong 1:00pm	30 Cardio Drumming 10:00am Mini-Golf Summer Showdown 1:00pm			COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777		