

GAMES

Bingo: No registration. \$1 at door. Prizes; refreshments served.

Game Time: Mexican Train Dominoes, cards, and board games are available or bring your own! No registration. \$1 at door. 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

Book Review: Come hear about what others are reading and share your latest find. No assigned reading. Refreshments served. No registration or fee.

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.

Sing-Along Choir: Meet new friends while singing favorites from the past! Join anytime. No registration or fee.

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: 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 flyer on each function 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. Functions that require a program fee must be paid at time of registration unless noted as "Pay at Door." Registration is on a first come basis for events hosted at the COA. Participants may register with one other person.

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. Cancellation less than 3 business days 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 2024

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.	
 <p>Sponsored by: COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048</p>					<p>1 Paint with Derek 9:00am–12:00pm</p> <p>Learn to Crochet 9:00am–12:00pm</p>	
<p>3 Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm Puzzles & Pencils 1:30pm</p>	<p>4 Sing-Along Choir @ COA 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm KC Monarchs Drawing</p>	<p>5 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm</p>	<p>6 Ukulele 10:00am Arts & Crafts: Painting Pavers 1:30pm Cardio Drumming 3:00pm</p>	<p>7 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Hawaiian Party 1:00pm</p>	<p>8</p>	
<p>10 Red Cross Blood Drive 10:00am-2:00pm; Register at www.redcrossblood.org Move & Groove 10:00am Book Review 10:00am Mahjong 1:00pm "How Can I Be Safe Online?" Presentation 12:00pm</p>	<p>11 <i>What Next?</i> Loss Support Group 1:00pm Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm</p>	<p>12 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Caregiver Support Group @ Tonganoxie Library 1:00 - 2:30pm Bunco 1:00pm</p>	<p>13 Mystery Breakfast 8:30am <i>Sewing on the Line</i> Quilt Guild 9:00am Ukulele 10:00am Cardio Drumming 3:00pm</p>	<p>14 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Intergenerational Pie Baking 1:00pm</p>	<p>15 3rd Annual Poker Run with The Escorts Motorcycle Club Registration at the COA parking lot at 11:00am. Kickstands up at noon.</p>	
<p>17 Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm Puzzles & Pencils 1:30pm</p>	<p>18 Effective Self Defense 1:30pm Cardio Drumming 3:00pm Sing-Along Choir— out of the building Mystery Breakfast Drawing</p>	<p>19 Closed for Juneteenth</p>		<p>20 Ukulele 10:00am Yarn Connection 1:00pm Cardio Drumming 3:00pm</p>	<p>21 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Gather Around 10:00am & 12:30pm</p>	<p>22</p>
<p>24 Move & Groove 10:00am Mahjong 1:00pm</p>	<p>25 Outreach @ Exchange Bank in Easton 10:00–10:30am <i>What Next?</i> Loss Support Group 1:00pm Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm</p>	<p>26 Chairside Yoga 8:30am Disney100 @Union Station 9:00am Vitaband Exercise 9:45am Chairside Yoga 10:30am Outreach & Bingo @ West Haven Baptist Church 10am Farkle 1:00pm Intergenerational Pie Baking 1:00pm</p>	<p>27 Outreach @ Linwood Library 9:00am Disney100 @Union Station 9:00am Ukulele 10:00am Outreach @ Basehor Library 10:30am w/Bingo at 11:00am Yarn Connection 1:00pm Cardio Drumming 3:00pm</p>	<p>28 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Hello Hydration Class with K-State Extension 1:00pm NASCAR Signup/Payment Deadline</p>	<p>29 Pedicures for Paws <i>Bad to the Bone Pet Care</i> is offering pet nail trimming for \$10/pet in the COA parking lot from 1:00- 4:00pm. Open to all ages.</p>	

FEATURED EVENTS

Arts & Crafts: Painting Pavers Join us to paint pavers into bees, ladybugs, or frogs. Perfect addition to your outdoor garden! Sponsored by St. Croix Hospice. RSVP by 6/3, no cost.

Hawaiian Party: Grab your coconuts and grass skirts and join us for some sweet treats and fun with friends! RSVP by 6/3. \$3 due at signup.

Red Cross Blood Drive: Open to all ages. Make an appointment at www.redcrossblood.org on the blood donor app, or walk-ins are welcome. Give the gift of life!

Intergenerational Pie Baking: Volunteers needed to help teach 4-Hers basic pie baking skills to fill the 4-H stand with homemade pies. Supplies will be provided. RSVP, no charge.

Gather Around: Enjoy recipes from four Disney-themed parks; BLT soup, watermelon and arugula salad, 1/2 a Monte Cristo sandwich, and a Mickey-themed dessert. We encourage you to wear your favorite Disney attire. RSVP by 6/12. \$9 due at signup. Max: 24. If signing up by PayPal, please call to confirm your spot.

How Can I Be Safe Online? Want to improve your online security? David Whipple, PhD., Certified Information Systems Security Professional will be at the COA to discuss tips you can do to be more secure online.

Hello Hydration Class: Join Anita Muniz-GrandPre from K-State Research & Extension to learn the importance of water intake, hydration, and discussion about other "heavy beverages" that are filled with sugar (sodas, juices, energy drinks). RSVP; no cost.