

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

JULY 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.
<p>COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777</p>		<p>1 Chairside Yoga 8:30am Bands, Balls & Balance 9:45am Chairside Yoga 10:30am Bingo 1:00pm</p>	<p>2 Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am 4-H Pie Making Event 12:00pm <i>New Theatre drawing</i></p>	<p>3 Closed for Independence Day (observed)</p>	<p>4 Closed for July 4th</p>
<p>6 Short Stack Trip 8:30am Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm</p>	<p>7 Cardio Drumming 10:00am Sing-Along Choir 1:00pm <i>Stadium Tour drawing</i></p>	<p>8 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bunco 1:00pm <i>Conversations with Kat</i> 2:00pm</p>	<p>9 Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am <i>Sewing on the Line</i> Quilt Guild Picnic 11:00am Munchies & a Movie 12:00pm</p>	<p>10 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Munchies & a Movie 12:00pm</p>	<p>11 Community Support Drive 10:00am–2:00pm</p>
<p>13 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm USM Senior Fitness Assessments 1:00–4:00pm Game On 1:00pm</p>	<p>14 Cardio Drumming 10:00am <i>What's Next? Loss Support</i> 10:00am Knowledge @ Noon: Cool Treats for Hot Days <i>Let's Get Sewin'</i> 1:00pm <i>Let's Be Handy</i> 1:00pm</p>	<p>15 Chairside Yoga 8:30am Bands, Balls & Balance 9:45am Chairside Yoga 10:30am Bingo 1:00pm</p>	<p>16 Short Stack Trip 8:30am Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am Yarn Connection 1:00pm <i>Mystery Breakfast drawing</i></p>	<p>17 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am</p>	<p>18</p>
<p>20 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm</p>	<p>21 Cardio Drumming 10:00am <i>Outreach @ Exchange Bank in Easton 10:00–10:30am</i> Sing-Along Choir –sing out</p>	<p>22 Chairside Yoga 8:30am Mahjong Tourney 9:00am Vitaband Exercise 9:45am <i>Outreach & Bingo @ West Haven Baptist Church</i> 10:00am Chairside Yoga 10:30am</p>	<p>23 Cardio Drumming 10:00am <i>Outreach @ Linwood Library</i> 9:00am <i>Ukuleles Unite</i> 10:00am <i>Outreach @ Basehor Library</i> 10:30am; <i>Bingo @ 11:00am</i></p>	<p>24 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am</p>	<p>25</p>
<p>27 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm <i>Game On</i> 1:00pm</p>	<p>28 Cardio Drumming 10:00am <i>What's Next? Loss Support</i> 10:00am <i>Let's Get Sewin'</i> 1:00pm <i>Let's Be Handy</i> 1:00pm</p>	<p>29 Chairside Yoga 8:30am Vitaband Exercise 9:45am New Theatre 10:15am Chairside Yoga 10:30am Farkle 1:00pm</p>	<p>30 Cardio Drumming 10:00am <i>Ukuleles Unite</i> 10:00am</p>	<p>31 Senior Day at the Fair & LVCO Fair's 100th Anniversary 10:00am-12:00pm LVCO Fairgrounds NO ACTIVITIES AT THE COA</p>	

FEATURED EVENTS

Munchies & a Movie: *Mooseport*
Enjoy the movie, *Mooseport*, with Gene Hackman and Ray Romano. We will celebrate our nation's birthday with an assortment of festive red, white & blue treats. Soda and Bomb Pops at intermission. \$5 due at sign up by 7/2. Maximum 20, minimum 15.

Summer Community Support Drive:
Join us at the COA where we will be collecting donated food, hygiene items, cookware, diapers & wipes. A full list of needed items can be found on COA's Facebook and website.

Senior Fitness Assessments: USM Physical Therapy students will offer a fitness assessment of strength, cardiovascular fitness, flexibility and balance. Approx. time: 30 minutes. LV County residents only, please. No cost; register at the front desk.

Knowledge @ Noon: *Cool Treats for Hot Days* When the temperature rises, it's time for cool treats! Join us to make easy, delicious snacks designed to beat the summer heat. No cost; Tonganoxie Library. Knowledge @ Noon also offered at the LV Library 7/10 at 12:00pm.

***Bam! Crack! Freedom!* Mahjong Tournament:** Come and join us for a summer celebration of America's independence! \$15 includes entry fee, lunch & prizes. Experienced players only. Deadline 7/15. Register at the front desk.

Senior Day at the Fair: Meet us under the Big Top in Tonganoxie to celebrate 100 years of the LVCO Fair! Raffles & entertainment by Daysia Reneau, bingo, and a free lunch. Age 50+. No cost or reservation needed. 10:00am-12:00pm