

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: 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 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

JULY 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

2024 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1 Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm Puzzles & Pencils 1:30pm	2 Bauder Arts—Acrylics 10:00am Sing-Along Choir @ COA 1:00p4m Effective Self Defense 1:30pm Cardio Drumming 3:00pm	3 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bingo 1:00pm	4 Closed for Independence Day	5 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am	6 Paint with Derek 9:00am—12:00pm KC Monarchs Game 5:30pm
8 Move & Groove 10:00am Book Review 10:00am Mahjong 1:00pm	9 <i>What's Next?</i> Loss Support Group 10:00am Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm	10 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bunco 1:00pm	11 Mystery Breakfast 8:30am <i>Sewing on the Line</i> Quilt Guild Picnic 11:00am Ukulele 10:00am Cardio Drumming 3:00pm	12 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am	13
15 Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm USM Senior Fitness Assessments 1:00-4:30pm Puzzles & Pencils 1:30pm Mystery Breakfast lottery	16 Outreach @ Exchange Bank in Easton 10:00—10:30am Let's Get Sewin' 1:00pm Effective Self Defense 1:30pm Cardio Drumming 3:00pm Sing-Along Choir— out of the building	17 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Outreach & Bingo @ West Haven Baptist Church 10am Bingo 1:00pm KU Osher Course 2:00pm	18 Let's Do Local: Hula Dance 9:00am Outreach @ Linwood Library 9:00am Ukulele 10:00am Outreach @ Basehor Library 10:30am w/Bingo at 11:00am Yarn Connection 1:00pm Cardio Drumming 3:00pm	19 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Lunch & a Movie 11:30am	20
22 Move & Groove 10:00am Mahjong 1:00pm New Theatre lottery	23 <i>What's Next?</i> Loss Support Group 10:00am Effective Self Defense 1:30pm Cardio Drumming 3:00pm	24 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm KU Osher Course 2:00pm	25 Ukulele 10:00am Cardio Drumming 3:00pm	26 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am	27
29 Move & Groove 10:00am Mahjong 1:00pm	30 Effective Self Defense 1:30pm Cardio Drumming 3:00pm	31 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am KU Osher Course 2:00pm		Sponsored by: COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777	

FEATURED

Bauder Arts—Acrylics Local artist, Nancy Bauder, will be at the COA to host an acrylic painting class. RSVP by 6/28; \$30 due at signup. Max 15.

Senior Fitness Assessments: USM Physical Therapy students will offer a fitness assessment for Leavenworth County residents. This will include assessments of strength, cardiovascular fitness, flexibility, and balance. The assessment will last approximately 30 minutes. . No cost. Sign up at front desk.

KU Osher Course: *More Voices of the Willows.* We'll explore the early 20th century world of adoption in Kansas City and share adoptees' and birth mothers' heartwarming and sometimes heart wrenching stories. Ranging from 1908 until 1969, these voices express the common need to know "Who am I?" and longing for medical history, fear of hurting adoptive parents, and guilt for being forced to give up a baby. Fee.

Let's Do Local: Learn to Hula Dance—Interested in learning to Hula dance? Hawaii-native, Deb Weaverling, will be demonstrating the art of the Hula dance while sharing its history and symbolism. No cost, sign up at front desk.

Lunch & a Movie: Come see the Olympic-themed movie, *Cool Runnings*, with food from around the world. Chicken Tikka Masala from India, cucumber salad from Hungary, and peach melba from Australia. Popcorn & soda at intermission. RSVP by 7/10; \$9 due at signup. Max of 30. If paying by PayPal, please call 913-684-0777 to confirm your spot.