

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

AUGUST 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 913.684.0777		Cardio Drumming will resume on Tuesdays and Thursdays at 10:00am beginning in October		1 Paint w/Derek 9:00am-12:00pm Learn to Crochet 9:00am-12:00pm
3 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm Spirit Day—Sports	4 Sing-Along Choir –sing out Spirit Day—Crazy Hair/Hat	5 Chairside Yoga 8:30am Bands, Balls & Balance 9:45am Chairside Yoga 10:30am Bingo 1:00pm Spirit Day—Pajamas	6 Ukuleles Unite 10:00am Spirit Day—Your Teen Years	7 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am Spirit Day—Tie-Dye	8
10 Chairside Yoga 8:30am Move & Groove 10:00am Blood Drive 12:00pm Mahjong 1:00pm Game On 1:00pm	11 Diamond Art Craft 9:00am What's Next?Loss Support 10:00am Let's Get Sewin' 1:00pm Let's Be Handy 1:00pm	12 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Bunco 1:00pm Conversations with Kat 2:00pm	13 KC Chiefs Stadium Tour 8:30am Ukuleles Unite 10:00am Sewing on the Line Quilt Guild 1:00pm	14 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	15
17 Chairside Yoga 8:30am Coffee Group 9:00am Move & Groove 10:00am Mahjong 1:00pm	18 GLP-1 Weight Loss Therapy for Medicare Beneficiaries 11:00am Outreach @ Exchange Bank in Easton 10:00–10:30am Sing-Along Choir –sing out	19 Chairside Yoga 8:30am Bands, Balls & Balance 9:45am Outreach & Bingo @ West Haven Baptist Church 10:00am Chairside Yoga 10:30am Bingo 1:00pm	20 Mystery Breakfast 8:30am Outreach @ Linwood Library 9:00am Ukuleles Unite 10:00am Yarn Connection 1:00pm	21 Mahjong 10:00am	22 A Night of Glitz and Giving MOW Benefit
24/31 Chairside Yoga 8:30am Move & Groove 10:00am Mahjong 1:00pm Game On 1:00pm (8/24 only)	25 What's Next?Loss Support 10:00am Let's Get Sewin' 1:00pm Let's Be Handy 1:00pm	26 Chairside Yoga 8:30am Vitaband Exercise 9:45am Chairside Yoga 10:30am Farkle 1:00pm	27 Tap Ins Mini Golf Trip 8:45am Ukuleles Unite 10:00am	28 Chairside Yoga 8:30am Vitaband Exercise 9:45am Mahjong 10:00am Chairside Yoga 10:30am	29

FEATURED
EVENTS

COA Spirit Week: Help us kick off *Back to School*/season with a school supplies collection drive and Spirit Week. We will donate all the collected items to a local elementary school. We will have a different theme each day. We encourage you to wear your fun outfits to all the COA activities! The COA staff will be participating as well! **See flyer for more details.

- ◇ Monday – Sports Day
- ◇ Tuesday – Crazy Hair/Hat Day
- ◇ Wednesday – Pajama Day
- ◇ Thursday – Your Teen Years
- ◇ Friday – Tie-Dye Day

Blood Drive: Open to all ages. Make an appointment at www.redcrossblood.org, on the blood donor app, or walk-ins are welcome. 11:00am-3:00pm

Diamond Art Craft: Join us for a fun morning of crafting. We will be making a gorgeous Diamond Art bookmark. It would make a fantastic gift or to keep for yourself! All materials provided and no cost for the class. Class limit 16; please sign up at the front desk by 8/5.

GLP-1 Weight Loss Therapy for Medicare Beneficiaries: Join Dr. Michael Albrecht of BrightMed Clinic for a plain-language look at GLP-1 medications – the medicines behind names like Ozempic, Wegovy, Mounjaro, and Zepbound – and what they mean for Medicare beneficiaries. We'll cover how they work, their benefits and side effects, who should avoid them, and how the new Medicare GLP-1 Bridge can make them available for just \$50 a month. Come with your questions; you'll leave knowing whether these medications might be right for you and how to take the next step.