

SPRING IS IN THE AIR

If you are not going to be available to receive your meal, please call 24 hours in advance.

Cancelations: 913-758-6718



APRIL 2026



COUNCIL ON AGING

711 Marshall Street, Suite 100
Leavenworth, KS 66048
Office: 913-684-0777

Requested donation amount is \$3. | 1% milk served with all meals. | If your dietary needs change, please call the number above. | Menu items are subject to change based on availability.



Celebrating 50 Years of Meals on Wheels

On Saturday, August 22nd 2026, from 5:30-9:00PM, the COA will celebrate *A Night of Glitz and Giving*, a benefit fundraiser for Meals on Wheels at the Riverfront Community Center in Leavenworth, KS. Tickets are \$50 and include dinner, dancing, games, and more. Tickets will be sold in advance at the COA Monday – Friday, 7AM – 4PM or at the door while supplies last.

Pedicures for Paws

A Pets and Loving Seniors (PALS) Nail Trim Fundraiser with *Bad to the Bone Boarding & Grooming* will be held on Saturday, April 18th, 2026, from 1:00-4:00PM in the COA parking lot. A \$10 suggested donation per pet is requested. Well-behaved, leashed dogs are welcome!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| | | Smoked Turkey 1 Broccoli Rice Casserole Corn Nuggets Roll Fruit Strawberry Fluff | Smothered Steak 2 Mashed Potatoes & Gravy Green Beans Roll Fruit | Teriyaki Chicken 3 Rice Broccoli Egg Roll Fruit Cobbler |
| | | Grilled Chicken Sandwich 6 Sweet Potato Tots Zucchini Lettuce, tomato, onion Fruit & Brownie | Chili Mac 7 Broccoli Corn Bread Cucumber Salad Fruit | Egg Casserole 8 Oatmeal Cinnamon Apples Cinnamon Roll V-8 Juice Nature Bar |
| Sloppy Joe 13 Tater Tots Mixed Veggie Fruit Pudding | Pork Chop 14 Sweet Potato Peas Roll Fruit | Chicken Noodle Bake 15 California Blend Veggie Bread Stick Broccoli Salad Fruit | Hamburger Steak 16 Mashed Potatoes Corn Roll Fruit | BBQ Chicken 17 Mac & Cheese Baked Beans Roll Fruit Pie |
| Sausage & Kraut 20 Oven Brown Potatoes Peas & Carrots Corn Bread Fruit | Chicken Pesto Sandwich 21 Cheesy Potatoes Stewed Tomatoes Fruit Cookie | Country Steak 22 Mashed Potatoes Green Beans Roll Fruit | Lemon Chicken 23 Rice Carrots Roll Fruit | Spaghetti-Meatballs 24 Cauliflower Bread Stick Veggie Salad Fruit Cobbler |
| Philly Chicken 27 Tater Tots Broccoli Fruit Rice Krispy Treat | Stuffed Chicken 28 Scalloped Potatoes Peas Roll Fruit | Ham & Beans 29 Cinnamon Apples Corn Bread Pasta Salad Cookie | Meatloaf 30 Mashed Potato Corn Roll Fruit | <p>To all those celebrating a birthday this month!</p> |

EARTH DAY - APRIL 22

How Much Disposable Plastic We Use

The billions upon billions of items of plastic waste choking our oceans, lakes, and rivers and piling up on land are more than unsightly and harmful to plants and wildlife. The following 4 facts shed light on how plastic is proving dangerous to our planet, health, and wildlife. To learn more about the threat and impact of plastic pollution and get tips to reduce your plastic consumption, download our Plastic Pollution Primer and Toolkit at www.earthday.org.

Did you know?

1. Global plastics has reached an estimated 460 million metric tons in recent years Global plastic packaging industry – statistics & facts | Statista
2. It is estimated that 75 to 199 million tons of plastic are currently in our oceans Visual Feature | Beat Plastic Pollution
3. One million plastic bottles are purchased every minute worldwide, while up to five trillion plastic bags are used a year Visual Feature | Beat Plastic Pollution
4. An estimated 9.7 billion cigarette butts are littered in the U.S. every year, 4 billion of these in waterways. They comprise nearly 20% of all litter.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9265565/>

Small, consistent actions add up to big change.

Source: *Earthday.org*, retrieved 03/2026



HAPPY EASTER!

E N T T O V T C J Y S L I D O F F A D F
 P M Y V Z J X Y A B T S D A Q X N X X D
 E Q N K B D I D P C S I P R I P W P L Z
 G P N X A X B J I A J V N R Z Z Z X F H
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 O V B R K M X V S L A D L K M N I B O V
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 A K E J P M A J L P N I A U E B W C R S
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 S V M S B X E Q N R K N T J I W Y R I S
 V Q R P T Y N P O I U E N I H S N U S Z
 T I B B A R O C T H R K X J G A J K P S
 Z U J H F P E B P L Z K V K J B L C K V
 K R S E W D C E T A L O C O H C E I S F
 E H K G B F A B E Y S T O R R A C H S U
 U G Z V F A M I L Y L E R T Y B C C R U
 L A C I M V Z E F E R A L Z T J Z Z Q T

Word List

APRIL
 BAKING
 BASKET
 BUNNY
 CARROTS
 CHICK
 CHOCOLATE
 COMMUNITY
 DAFFODILS
 DECORATE
 EGGS
 FAMILY
 FELLOWSHIP
 FLOWERS
 GAMES
 HUNT
 JELLYBEANS
 LILY
 PARADE
 PEEPS
 RABBIT
 SPRING
 SUNDAY
 SUNSHINE

UPCOMING EVENTS

Dining with Diabetes Series
Thursdays, April 2nd (9:00AM)
9th, 16th, and 23rd (1:00PM)

K-State will be offering this series designed especially for people with type 2 diabetes. This program will help you learn the skills needed to promote good health. Registration through K-State with Anita at 913.364.5700. Register by March 25; cost \$50.

Knowledge @ Noon - April Showers Bring May Flours
Tuesday, April 7th 2026. 12:00PM.

Have you ever wondered why there are different types of flour at the grocery store? Do you know which one to use for cooking or baking? This session will be a "loaf" of fun that you won't want to miss!
 No cost; Tonganoxie Library.

Mini Golf Party
Tuesday, April 7th 2026. 1:00PM.

Join us to christen our new mini golf course and "master" the art of putting. All experience levels are welcome! Music and snacks provided.
 Cost: \$5 due at sign-up.

Munchies & a Movie
Thursday, April 16th and Friday, April 17th 2026. 12:00PM.
 Join us in watching the movie *Babe* and enjoying English Tea Treats of scones, Madeleines, quiche, & cucumber sandwiches. Soda and popcorn served for intermission as well! Cost \$5 due at sign-up; deadline April 10.
 Min. 15; Max. 30. 2 days offered!

St. John's Hospital PT
Defying Gravity: Don't Let a Fall Get You Down!
Monday, April 27th 2026. 11:00AM.

Formal 1 hour presentation followed by 1 hour of hands-on lab for better understanding if you are a fall risk and trial getting up off the floor with therapist cueing, going through exercises, etc. No cost; lunch provided.