

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.

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-a-long 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. Space is limited; please call to reserve your spot.

Chair-side Exercise: Range of motion and strength exercises using optional light weights. Some standing and sitting required. No registration or fee.

Move It or Lose It: Range of motion and strength exercises. Some standing and sitting required. 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.

Walk for Health: Meet in alternating locations around Leavenworth County for a group walk. All fitness levels welcome. See calendar for locations. No registration or fee except when noted.

COUNCIL ON AGING POLICIES

The programs and events listed on the calendar are held at the *Council on Aging*, 711 Marshall St., 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 Leisure & Learning activities, classes, programs, and events are open to Leavenworth County residents 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 in advance at time of registration unless noted as "Pay at Door." Registration is on a first come basis for events hosted at the *COA*.

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 before 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

LEAVENWORTH COUNTY COUNCIL ON AGING

SEPTEMBER 2023

LEISURE & LEARNING PROGRAM

CALENDAR OF EVENTS



Live Well. Age Well.

COUNCIL ON AGING

711 Marshall St., 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

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
 <p>Sponsored by: COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048</p>				1 Walk for Health 8:00 at Leavenworth Landing Riverfront Trail Mystery Breakfast Lottery	2 Paint with Derek 9:00am–12:00pm Learn to Crochet 9:00am-12:00pm
4 Closed: Labor Day	5 Coffee Group 9:00-10:00am Grief Support Group 10:30-11:30am Sing-a-Long Choir 1:00-2:30pm Meditation & Relaxation 2:00pm Cardio Drumming 5:00pm	6 Chairside 8:30–9:30am Move It or Lose It 9:30 -10:00am New Theatre–Dream Girls 10:15am Bingo 1:00-2:30pm	7 Ukulele 10:00am Cardio Drumming 1:00pm November New Theatre Trip Lottery	8 Walk for Health 8:00am at Angel Falls, Lansing Lunch & a Movie 11:30am	9
11 VitaBand 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am Book Review 10:00-11:00am Mahjong 1:00pm	12 Farkle @ Perky's in Basehor 10:00 am Let's Get Sewin' 1:00 pm Cardio Drumming 5:00pm	13 Chairside 8:30–9:30am Move It or Lose It 9:30am Bunco 1:00-3:00pm Caregiver Support Group @ Tongie Riford Center 1:00-2:30pm Off the Beaten Path 3:45 pm	14 Ukulele 10:00am Cardio Drumming 1:00pm <i>Sewing on the Line</i> Quilt Guild 1:00-3:00pm Holiday Lights Trip Lottery	15 Walk for Health 8:00am at Basehor City Park Barbie Party 1:00–2:00pm	16
18 VitaBand 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am Coffee Group 9:00-10:00am Mahjong 1:00pm Grief Support Group 10:30-11:30am	19 Sing-a-Long Choir 1:00-2:30pm COA Community Outreach at Exchange Bank in Easton 10:00-10:30am Cardio Drumming 5:00pm	20 Chairside 8:30–9:30am Move It or Lose It 9:30 -10:00am Bingo 1:00-2:30pm COA Community Outreach at Tongie Riford Center 10:00-11:00am	21 Ukulele 10:00am COA Outreach at Linwood Library 9:00-9:30am Outreach at Basehor Library 10:30 am with Bingo at 11 am Cardio Drumming 1:00pm Yarn Connection 1 -3:00pm	22 Walk for Health 8:00am at Winslow Rd. Trail, Lansing Falls Prevention Awareness & Screening Fair 9:00am-12:00pm	23
25 VitaBand 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am Mahjong 1:00pm SeaLife Trip Lottery	26 Let's Get Sewin' 1:00 pm Cardio Drumming 5:00pm	27 Chairside 8:30–9:30am Move It or Lose It 9:30-10:00am Farkle 1:00-3:00pm	28 Mystery Breakfast 8:30am Ukulele 10:00 am Cardio Drumming 1:00pm	29 Walk for Health 8:00am at Ray Miller Park	30

FEATURED EVENTS

Paint with Derek: Come and try your hand at painting. Register and prepay. \$30 for new participants/\$25 for Returning participants.

Walk for Health: Join Jessica for a walk at different locations throughout the County. No fee.

Mystery Breakfast: Make sure to bring your appetite. RSVP; \$7 for transportation. Breakfast on your own.

Falls Prevention Awareness and Screening Fair: Stop by for falls prevention education and risk screening as we partner with local health agencies. Refreshments served. No charge.

Barbie Party: Bring your Barbies to show and wear your favorite **pink** outfit! Register by September 11th. \$3 per person at the door.

For more information about upcoming trips, please stop by the COA and pick up our Fall/Winter trip card! We have some exciting things planned!