

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.

Chairside 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.

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

APRIL 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

APRIL 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT. |
|--|--|--|--|--|--|
| 1 Walk for Health at Basehor City Park 10:00am Coffee Group 9:00am Mahjong 1:00pm Blood Drive 1:00-5:00pm Puzzles & Pencils 2:00pm | 2 Sing-Along Choir @ COA 1:00pm Personal Self Defense 1:00pm Cardio Drumming 3:00pm Arboretum Trip Drawing | 3 Chairside Exercise 8:30am Move It or Lose It 9:30am Bingo 1:00pm | 4 Ukulele 10:00am Cardio Drumming 3:00pm | 5 VitaBand 8:30am Move It or Lose It 9:30am VITA Tax Volunteer Appreciation Lunch 12:00pm | 6 Paint with Derek 9:00am–12:00pm Learn to Crochet 9:00am–12:00pm |
| 8 Walk for Health at Cody Park in LV 10:00 am Book Review 10:00am Mahjong 1:00pm What's Your Story? 2:00pm New Theatre Drawing | 9 <i>What's Next?</i> Loss Support Group 1:00pm Let's Get Sewin' 1:00pm Personal Self Defense 1:00pm Cardio Drumming 3:00pm | 10 Chairside Exercise 8:30am Move It or Lose It 9:30am Caregiver Support Group @ Grounded Coffee 1:00-2:30pm Bunco 1:00pm | 11 KC Streetcar Adventure 8:30am <i>Sewing on the Line</i> Quilt Guild 9:00am Ukulele 10:00am Cardio Drumming 3:00pm | 12 KC Streetcar Adventure 8:30am VitaBand 8:30am Move It or Lose It 9:30am | 13 |
| 15 Coffee Group 9:00am Walk for Health at Basehor City Park 10:00am Mahjong 1:00pm Puzzles & Pencils 2:00pm | 16 Outreach @ Exchange Bank in Easton 10:00-10:30am Sing-Along Choir @ COA 1:00pm Personal Self Defense 1:00pm Cardio Drumming 3:00pm | 17 Chairside Exercise 8:30am Move It or Lose It 9:30am Outreach & Bingo @ West Haven Baptist Church 10:00 -11:00am Bingo 1:00pm Public Hearing 1:30pm | 18 Mystery Breakfast 8:30am Let's Do Local: Watercolor Painting w/Bauder Arts 9:00–11:00am Outreach @ Linwood Library 9:00am Ukulele 10:00am Outreach @ Basehor Library 10:30am w/Bingo at 11:00am Eating Right When Money is Tight Nutrition Class 1:00pm Yarn Connection 1:00pm Cardio Drumming 3:00pm | 19 VitaBand 8:30am Move It or Lose It 9:30am Meals on Wheels Volunteer Appreciation Lunch 12:30 | 20 |
| 22 Walk for Health at Leavenworth Landing Riverfront Trail 10:00am Mahjong 1:00pm What's Your Story? 2:00pm | 23 <i>What's Next?</i> Loss Support Group 1:00pm Let's Get Sewin' 1:00pm Personal Self Defense 1:00pm Cardio Drumming 3:00pm Legends Shopping Drawing | 24 Chairside Exercise 8:30am Move It or Lose It 9:30am Farkle 1:00pm | 25 Ukulele 10:00am Elementary Pen Pal Reception @ Xavier Elementary 1:00–2:00pm Cardio Drumming 3:00pm | 26 VitaBand 8:30am Move It or Lose It 9:30am Gather Around 10:00am and 12:30pm | 27 |
| 29 Arboretum Trip 8:30am Walk for Health at Leavenworth Landing Riverfront Trail 10:00am Mahjong 1:00pm | 30 Personal Self Defense 1:00pm Sing-Along Choir– out of the building Cardio Drumming 3:00pm | |  | Sponsored by: COUNCIL ON AGING 711 Marshall St., Ste. 100 Leavenworth, KS, 66048 | |

FEATURED EVENTS

Red Cross Blood Drive: Open to all ages. Make an appointment at www.redcrossblood.org, on the blood donor app, or walk-ins are welcome.

Puzzles & Pencils: First and third Mondays from 2:00–3:00pm. Join us at the COA for an hour of puzzle books, jigsaw puzzles, and adult coloring. All supplies will be provided or bring your own.

Personal Self Defense This popular series is now an ongoing class. Join Kevin Maitland, certified black belt instructor, to learn personal defense techniques. RSVP; no cost.

What's Your Story?: Second and fourth Mondays from 2:00–3:00pm. Recall and share your life's story with other participants while documenting your past on paper to compile as a family keepsake.

Let's Do Local - Watercolor Painting Join us for a watercolor painting class with Nancy Bauder of Bauder Arts. \$30 registration due by 4/15. Minimum of 4 participants and maximum of 15.

Eating Right When Money Is Tight Nutrition Class Join Anita Muniz-GrandPre from K-State Research & Extension to learn tips and tricks for meal planning, along with sample budgets for healthy meals. RSVP; no cost.

Gather Around: Bright and Bold Come celebrate Spring with a fun day of learning and sampling three new recipes. The menu will be dishes featuring mint and lemon. RSVP by April 18th. \$8 must be paid for when signing up. If signing up by PayPal, please call to confirm your spot. Max of 24 per class.