

Teresa Hatfield
District Extension Agent, Family and Community Wellness

Building Community and Strengthening Families: Bonding Through Board Games

With spring still a month away, we continue to navigate the ups and downs of the Kansas winter. Many of us turn to digital devices to pass the time, but what we often crave most is meaningful, in-person connection. To help foster that connection, K-State Research and Extension Meadowlark District is partnering with the 1867 Social Club in Oskaloosa to host **Bonding Through Board Games**—an event designed to bring people together through play.

Board games are a fun and effective way to build relationships, strengthen social skills, reduce stress, and reconnect with others.

A Free, All-Ages Community Event

This event is open to all ages and community members. It is free to attend, and both snacks and board games will be provided. Participants will have a chance to unplug and unwind in a welcoming, relaxed environment while trying something new.

Event Details

March 5, 2026

4:30–6:30 PM

105 Jefferson St., Oskaloosa, KS

Free to attend — everyone welcome

Why Board Games Matter

Board games may seem simple, but they offer powerful opportunities for building relationships and practicing life skills. They create natural moments for communication—inviting conversation, humor, negotiation, and shared experiences. Games also encourage teamwork and cooperation, making them ideal for strengthening family and community bonds.

Playing games helps us learn patience and good sportsmanship, both in winning and losing. These experiences are valuable across generations; young people can learn from older adults, and adults benefit from playful engagement with youth.

Beyond social benefits, board games provide a healthy mental break. Stepping away from screens and focusing on face-to-face interaction can lower stress, boost mood, and increase overall feelings of well-being.

Join the Fun on March 5!

K-State Research and Extension Meadowlark District and the 1867 Social Club invite everyone to come together for an evening of fun and connection. Whether you're an experienced gamer or brand new to board games, you'll find something enjoyable—and people to enjoy it with.

For More Information Contact

Vicky Metzger, vmetzger85@gmail.com, 518-336-6066

Teresa Hatfield, thatfield@ksu.edu, 785-364-4125