

# September 2023 Schedule

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
9:00 Bible Study 9:00 Sewing 9:30 Total Body 10:00 Bingo 10:30 Drum Your Way Fit 11:00 Bocce Court Opens 11:30 31 Cards 12:00 Bridge 12:00 Lunch from Bruno Bros. 12:30 Learn to Crochet 1:00 Video Chair Yoga  <i>4<sup>th</sup> Center Closed</i> <i>11<sup>th</sup> @ 1:00 Advisory Council Meeting</i> <i>18<sup>th</sup> Trip: Whole Foods and Trader Joes</i> <i>25<sup>th</sup> @ 11:30 Instapot Class</i> <i>25<sup>th</sup> @ 1:00 Fall Wreath Making Class</i>	9:00 Video Tai Chi 9:00 Sewing 10:00 Bingo 10:00 Yoga/Spinning 11:00 Quick Yoga 11:30 31 Cards 11:30 Spades 11:45 Chair Aerobics with Mercy Health 12:00 Bocce Court Opens 12:00 Social Dancing for Seniors 12:00 Lunch from Anna's Cookin 12:30 Games Galore 1:00 Shooting Class  <i>5<sup>th</sup> @1:00 Computer Class – Calendars and Alarms on Phones</i> <i>12<sup>th</sup> @ 11:30 Making BBQ Pepper Class – Mark Cole</i> <i>19<sup>th</sup> @ 1:00 Trivia Sponsored By Woodlands</i> <i>26<sup>th</sup> @ 11:30 Making Hot Peppers Class – Mark Cole</i>	9:00 Blood Pressure Checks By Woodlands 9:00 Sewing 9:00 Watercolor & Drawing Class 9:30 Spinning 10:00 Booty Exercise 10:00 Bingo 10:00 Dominos 11:30 31 Cards 11:30 Double Deck Pinochle 12:00 Bocce Court Opens 12:00 Bridge 12:00 Lunch from Chick-fil-a 12:00 Coloring Group 12:30 500 Bid  <i>6<sup>th</sup> &amp; 20<sup>th</sup> @ 11:15 Alzheimer Support Group With Harmony Hospice</i> <i>6<sup>th</sup> De-stress With Bob</i> <i>6<sup>th</sup> @ 10:00 Mobile Market</i> <i>13<sup>th</sup> Hiner Insurance</i> <i>13<sup>th</sup> @ 11:00 Mercy Health Blood Pressure, Glucose, Cholesterol Checks</i> <i>20<sup>th</sup> @ 1:00 Line Dance</i> <i>27<sup>th</sup> Trip: Stan Hywet Hall</i> <i>27<sup>th</sup> @ 12:30 Movie Matinee – Book Club 2</i>	9:00 Wood Carving 9:00 Video Tai Chi 9:00 Sewing 9:45 Weekly Membership Meeting 10:00 Bingo 10:00 Dominos 10:00 500 Bid 10:00 Instructors Choice Exercise Class 10:00 Walking Club 10:30 Chair Yoga 1:00 Bocce Court Opens 11:45 Guided Mindful Meditation 12:00 Lunch from Charly's 12:00 500 Bid 1:00 Bingo  <i>7<sup>th</sup> Trip: Presque Isle Downs Casino</i> <i>28<sup>th</sup> @ 12:30 Monthly Birthday Party Sponsored By Woodlands</i> <i>14<sup>th</sup> @1:00 Computer Class – Open Questions</i> <i>14<sup>th</sup> @ 12:00 Watercolor Sip and Paint</i>	9:00 Bible Study 9:00 Senior Spinning 10:00 Bocce Court Opens 10:00 Barre 10:00 Bingo 11:30 Fencing  <i>8<sup>th</sup> @ 12:00 Lunch and Learn: Devoted Health "Medicare Trivia Challenge"</i> <i>15<sup>th</sup> De-stress With Mr Fluffy</i>  <i>22<sup>nd</sup> @ 12:00 Senior Discussion Panel With Canfield Place and Harmony Hospice</i>  <i>29<sup>th</sup> @ 9:00 Flu Shot Clinic with Mahoning County Board of Health</i>

**\*\*lunches must be ordered and paid for by 10:15am, menus at front desk\*\***

## Austintown Senior Center

Phone: 330-953-1416

Address: 112 Westchester Drive, Austintown Ohio 44515

Website: [austintownseniorcenter.org](http://austintownseniorcenter.org)

Hours: Monday- Thursday 8-3, Friday 8-1