

October 2025 Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:00 Bible Study 9:00 Sewing 9:00 Total Body 10:00 Bingo 11:30 31 Cards 12:00 Bridge 12:00 Lunch from Little Hunan's 12:30 Crochet 1:00 Video Chair Yoga 1:00 Mah Jong 6th @ 1:00 Advisory Council Meeting 6th De-Stress With Fluffy 13th @ 11:30 Book Club "Night Road" by Kristin Hannah 27th @ 11:30 Cooking Class** Oct 20 - Dec 8 11:30 – 12:30 Eight Week Hypertension Class with Board of Health**	9:00 Tai Ji Quan 9:00 Sewing 10:00 Bingo 11:00 Quick Yoga 11:30 31 Cards 11:30 Spades 11:45 Chair Aerobics with Mercy Health 12:00 Lunch from Ianazones 12:30 German Class 12:30 Games Galore 7th @ 11:30 Speak with A Social Worker 7th @ 12:00 Medicare Check Up Seminar With OSHIIP 14th @ 1:00 Trivia Sponsored By Woodlands 21st De-Stress With Polly 21st Brian Gladysz Insurance 28th @ 1:00 Games with First Light**	9:00 Blood Pressure Checks By Woodlands 9:00 Sewing 9:00 Power Pilates 9:00 Watercolor & Drawing Class 10:00 Bingo 10:00 Dominos 10:00 Drum Your Way Fit 11:30 31 Cards 11:30 Double Deck Pinochle 11:30 Intermediate Ukulele 12:00 Bridge 12:00 Lunch from Chick-fil-a 12:30 500 Bid 12:30 Beginner's Ukulele 1st Trip: Cuyahoga Valley Railroad** 8th @ 12:15 Caregivers Support Group 8th @ 1:00 Tote Bag Making Class** 15th @ 11:00 Mercy Health Checks 15th @ 1:00 Modern Line Dance 22nd @ 2:00 Women In History Presentation Sponsored By Ohio Living 29th @ 10:00 Car Fit With AARP and Direction Home** 29th @ 12:30 Movie Matinee "Trains, Planes, Automobiles"	9:00 Wood Carving 9:00 Tai Ji Quan 9:00 Sewing 9:45 Weekly Membership Meeting 10:00 Senior Spinning 10:00 Bingo 10:00 Dominos 10:00 Walking Club 10:30 Kettle Bell and Weight Training 10:15 Chair Yoga 12:00 Lunch from Charly's 12:00 500 Bid 1:00 Bingo 23rd @ 12:30 Monthly Birthday Party Sponsored By Woodlands 30th @ 11:30 Halloween Party**	9:00 Bible Study 9:00 Senior Spinning followed by Stretch and Cool Down 10:00 Bingo 11:15 Fencing 10th @ 9:00 Flu Shot Clinic Sponsored By Mahoning County Board of Health 17th @ 12:00 Lunch and Learn "Advanced Directives" with Oak Street Health** 24th @ 10:00 Health Fair

**** denotes sign up at front desk ****

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

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