

May 2024 Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
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>6th @ 1:00 Advisory Council Meeting</i> <i>6th Hillstone Healthcare</i> <i>20th Trip: Whole Foods & Trader Joes</i> <i>20th @ 11:30 Insta-Pot Class (sign up)</i> <i>27th Center Closed</i>	9:00 Tai Ji Quan 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 Lunch from Gionino's 12:00 Ballroom and Line Dance 12:30 Games Galore <i>7th & 21st Speak With A Social Worker</i> <i>7th Mark Cole Agency</i> <i>14th @ 1:00 Trivia Sponsored By Woodlands</i> <i>20th Patriotic Wreath Making Class (sign up)</i> <i>28th De-Stress With Polly</i> <i>28th Trip: Sewing and Quilt Shops</i>	9:00 Blood Pressure Checks By Woodlands 9:00 Sewing 9:00 Watercolor & Drawing Class 10:00 Bingo 10:00 Dominos 11:30 31 Cards 11:30 Double Deck Pinochle 11:30 Beginner's Ukulele 12:00 Bridge 12:00 Lunch from Chick-fil-a 12:00 Coloring Group 12:30 500 Bid 12:30 Intermediate Ukulele <i>1st @ 11:15 Alzheimer Support Group With Harmony Hospice</i> <i>15th @ 11:00 Mercy Health Checks</i> <i>15th @ 1:00 Line Dance</i> <i>April 17-May 29 @ 12:30 Stepping On Program (7 weeks)</i> <i>22nd @ 12:30 Mobile Market</i> <i>22nd Hillstone Healthcare</i> <i>29th @ 12:30 Movie Matinee – Julie & Julia</i>	9:00 Wood Carving 9:00 Tai Ji Quan 9:00 Sewing 9:45 Weekly Membership Meeting 10:00 Bingo 10:00 Dominos 10:00 Zumba 10:00 Walking Club 10:30 Chair Yoga 11:45 Guided Mindful Meditation 12:00 Lunch from Charly's 12:00 500 Bid 1:00 Bingo <i>2nd Trip: Cleveland Museum of Natural History</i> <i>9th Devoted Health</i> <i>16th Gladysz Insurance</i> <i>16th De-Stress with Mr Fluffy</i> <i>23rd @ 12:30 Monthly Birthday Party Sponsored By Woodlands</i> <i>30th @ 1:00 Computer Class: Helpful Phone Apps</i>	9:00 Bible Study 9:00 Fencing 9:30 Senior Spinning 10:00 Kettle Bell and Weight Training 10:00 Bingo 10:30 Stretch and Relax <i>3rd @ 12:00 Lunch and Learn: Tibitha With Century 21 Real Estate "Handymen and Contractors Part 2"</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

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