

# October 2024 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 Flexibility Training 11:30 31 Cards 12:00 Bridge 12:00 Lunch from Bruno Bros. 12:30 Learn to Crochet 1:00 Video Chair Yoga  <i>7<sup>th</sup> @ 1:00 Advisory Council Meeting</i> <i>7<sup>th</sup> Colledge Insurance</i> <i>14<sup>th</sup> @ 11:30 Book Club</i> <i>14<sup>th</sup> @ 11:30 Instapot Class **</i> <i>21<sup>st</sup> Trip: Pittsburgh Zoo **</i> <i>28<sup>th</sup> @ 11:30 Insta-Pot Class **</i>	9:00 Tai Ji Quan 9:00 Sewing 10:00 Bingo 10:00 Drum Your Way Fit 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>1<sup>st</sup> @ 11:30 Speak with A Social Worker</i> <i>1<sup>st</sup> Mark Cole Agency</i> <i>8<sup>th</sup> @ 1:00 Trivia Sponsored By Woodlands</i> <i>15<sup>th</sup> De-Stress with Polly</i> <i>15<sup>th</sup> @ 1:00 Computer Class</i> <i>22<sup>nd</sup> Aventura</i> <i>29<sup>th</sup> Home Is Where the Heart Is Home Care</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 1:00 Wine Making  <i>2<sup>nd</sup> @ 11:15 Alzheimer Support Group with Harmony Hospice</i> <i>2<sup>nd</sup> Trip: Cuyahoga Valley Scenic Railroad</i> <i>9<sup>th</sup> De-Stress with Mr Fluffy</i> <i>16<sup>th</sup> @ 1:00 Line Dance</i> <i>16<sup>th</sup> @ 11:00 Mercy Health Checks</i> <i>23<sup>rd</sup> @ 9:00 – 2:00 Direction Home Medicare Checkup **</i> <i>25<sup>th</sup> @ 12:30 Movie Matinee – Shall We Dance</i>	9:00 Wood Carving 9:00 Tai Ji Quan 9:00 Sewing 9:30 Spin & Zumba 9:45 Weekly Membership Meeting 10:00 Senior Spinning 10:00 Bingo 10:00 Dominos 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>3<sup>rd</sup> Continuing Healthcare Boardman</i> <i>10<sup>th</sup> Windsor House</i> <i>17<sup>th</sup> Trip: Trader Joes and Whole Foods **</i> <i>24<sup>th</sup> @ 12:30 Monthly Birthday Party Sponsored By Woodlands</i> <i>31<sup>st</sup> @ 11:30 Halloween Party!</i>	9:00 Bible Study 9:30 Senior Spinning 10:00 Kettle Bell and Weight Training 10:00 Bingo 10:30 Stretch and Relax 11:30 Fencing  <i>4<sup>th</sup> @ 9:00 Board of Health Flu Shot Clinic</i> <i>11<sup>th</sup> @ 12:00 Lunch and Learn: Devoted Health "Medicare 101" **</i> <i>18<sup>th</sup> @ 12:00 Lunch and Learn: Direction Home "Older Adults and Opioids" **</i> <i>25<sup>th</sup> @ 11:30 Senior Panel Discussion</i>

**\*\* 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**